

Staff Online Pastoral CPD Course

CPD as it should be – evidence-based, interactive, engaging, easy to access & practical.

Module 1: Intra-personal & Interpersonal Communication

Creating healthy internal dialogue and self concept. Understanding the OK Corral to spot the signs of low self esteem.

Module 4: Mental Health

Mental health awareness and recognising the signs of mental ill-health.

Modules 8 & 9: Creating Cultures of Success

Creating cultures of success that allow students to succeed without putting them under pressure. The theory of mindset explained.

Module 2: Child & Youth Development

Develop an understanding of Attachment Theory and how to work with the different attachment styles. Explore what neuroscience can tell us about attachment & trauma.

Modules 5 & 6: Self Awareness

Strategies to help young people manage their emotions in flashpoint situations. Listening to understand unmet emotional needs. CBT & Neuroscience for staff and students.

Module 10: Buttons

Learn tools to help teenagers manage difficult emotions, build emotional intelligence & avoid drama.

Module 3: The Teenage Brain

The adolescent brain and its impact on risk taking, experimentation, impulse & emotional control, recognition of social cues and why sleep matters.

Module 7: Motivation

The impact of labelling, an introduction to Transactional Analysis, the Law of Attraction and the Hebbian Law.

—The—
**Wellbeing
Hub**
—from Teen Tips—



[Register Now:](#)

Head to your school's staff portal or look out for the registration QR posters.