



WELLBEING SERVICES FOR SCHOOLS / COLLEGES

It is becoming more essential & important to work with children, young people & staff to look after their mental health & emotional well-being. Lynette believes that teaching resilience, self awareness, relaxation techniques & creative coping strategies can help pupils & staff to manage life, stress & anxiety in a more calm & effective way

BENEFITS TO WELLBEING IN SCHOOLS

- ✓ Assists in providing Early Intervention
- ✓ Supports evidence for OFSTEAD
- ✓ Meets Curriculum Well-Being Targets
- ✓ Fits into Inclusion / Awareness Days
- ✓ Improves mental health & well-being for staff & pupils
- ✓ Builds resilience & confidence
- ✓ Creates calmer classrooms
- ✓ Manage exam stress
- ✓ Increase staff productivity
- ✓ Support NQT's
- ✓ Deal with transition anxiety for pupils
- ✓ Teaches stress management & relaxation coping strategies

TRAINING, WORKSHOPS, SESSIONS & PROGRAMMES

Lynette's services support Primary & Secondary Schools, Local Authorities, SEN, PRU's & Colleges. She supports Teachers, NQT's, Teaching Assistants, School Staff, Volunteers & Pupils, she will deliver & create bespoke sessions in any of the following areas...

Exam Stress
Mindfulness
Meditation
Relaxation Techniques
Holistic Therapy
Yoga
Body Scanning

Massage
Creativity
Healing
Arts & Crafts
Play Therapy
Colour Work
Happy Tapping

Stress Management Tips
Anxiety Awareness
Coping Techniques
Positive Thinking
Confidence Building
Breathing Techniques
FUN!!

DELIVERY STRUCTURES

Lynette will work with staff & / or pupils directly in your School & can be flexible to suit your needs, here is a general guideline...

- ✓ Initial Consultation / Meeting
- ✓ Provision of an in depth Proposal / SLA (If requested)
- ✓ Pupil Workshops / Sessions (1 hour)
- ✓ Pupil Half School Day (x3 1 hour Sessions)
- ✓ Pupil Full School Day (x5 1 hour Sessions)
- ✓ Staff Workshops (TBA)
- ✓ 6 Week Well-Being Programmes (1 hour per week)
- ✓ 12 Week Well-Being Programmes (1 hour per week)
- ✓ 1-2-1 Pamper Sessions - **'Me Time'** for Parents / Staff (Includes Massage, Relaxation, Healing)
- ✓ Well-Being Teacher Training - **'Relaxation, Creativity & Calm'** – (Half Day)
- ✓ Can work with small or large groups (class sizes)

Cost:

- ✓ FREE Initial Meeting / Consultation
- ✓ Full Costings & Quotes will be given
- ✓ Estimated at £65 - 85 Per Hour
- ✓ Prices negotiated & subject to change
- ✓ Terms & Conditions Apply
- ✓ Invoices to be paid within 30 days
- ✓ Relaxation CD's available at £6 each

LYNETTES EXPERIENCE

Lynette Fryer is a Qualified Holistic & Creative Therapist & Healer, with over 20 years experience of working within Mental Health, Therapeutic Services, Emotional Well-being & School Settings

Bookings:-

Call: 07976 139 681
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