



Futures in Mind

bespoke psychological services

CONFERENCE

20TH JUNE 2018 • RAMADA RESORT HOTEL GRANTHAM

SOCIAL AND EMOTIONAL WELLBEING – WHAT IS IT AND WHAT CAN WE DO?

“Social and emotional wellbeing is a state of positive mental health and wellness.”

Professor K. Weare



Relationships • Respect • Collaboration • Integrity • Inclusion • Equality



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Mental health and wellbeing is one of the key issues facing our schools today. But, what is it and what can we do to support healthy emotional development?

The conference will include three keynote presentations on social and emotional wellbeing. Each talk will cover not only the latest research and thinking about the areas discussed, but also share ideas of what you can do in your school to help promote social and emotional wellbeing.

- Introduction to Social and Emotional Wellbeing: what it means for your school.
- Informing Perspectives on the Digital Mind: social media and the impact on mental health and wellbeing.
- Mindfulness: growing emotional wellbeing and positive mental health in schools

INTRODUCTION TO SOCIAL AND EMOTIONAL WELLBEING: WHAT IT MEANS FOR YOUR SCHOOL

This talk will focus on developing our understanding of social and emotional wellbeing. We will discuss the importance of adopting whole school approaches to developing emotionally healthy school environments and communities. Indeed, there is an ever-growing research base into the benefits of promoting social and emotional wellbeing. These benefits will be discussed along with ways in which you can start this process in your school.

Presenters: Russell Postlethwaite and Emma Clink, Consultant Educational Psychologists, Futures in Mind Ltd

INFORMING PERSPECTIVES ON THE DIGITAL MIND: SOCIAL MEDIA AND THE IMPACT ON MENTAL HEALTH AND WELL-BEING

Snapchat... Facebook... whatsapp.... Instagram... For children and young people in 2018, engaging with social media is not a choice but an expectation. But what are the impacts on social and emotional health? How does it affect brain development? This talk will seek to answer these questions and many more. It will give you information and guidance on best practice. As, one thing is certain, the digital age is here to stay so let's get our algorithms in order and begin some digital reflection.

Presenter: Dr. Ed Chilton, Senior Educational Psychologist, Hackney Learning Trust

MINDFULNESS: GROWING EMOTIONAL WELLBEING AND POSITIVE MENTAL HEALTH IN SCHOOLS

Mindfulness is an emerging approach that can support mental health and wellbeing. This workshop will give participants the opportunity to experience mindfulness practices and discover the underlying theory about how it 'works'. Ways of introducing it within the whole school community will also be presented with the intention of inspiring you to explore mindfulness to enhance the mental health and wellbeing of the school community.

Presenter: Dr. Bernadette Carelse, Senior Educational Psychologist and author, Hackney Learning Trust

PRICE: £95 per ticket includes lunch, refreshments, and all conference materials, plus surprise bonus prizes!

For more details and to 'meet' the presenters go to www.futuresinmind.org/conference

enquiries@futuresinmind.org • 07905 784610 • www.futuresinmind.org