



BOOST THE RESILIENCE OF YOUR PUPILS

The figures on the mental health of pupils are not good: fear of failure, rebellious or indifferent behaviour, suicidal thoughts, ... the list is long.

Since well-being is a prerequisite for learning, teaching children and young people how to be resilient in life is an absolute must. Especially in these fast-changing and stressful times. But how do you do that effectively?

Content

Learning to be resilient means **learning to cooperate with your nervous system**.

The first step in that learning process is discovering exactly how our nervous system works. We get an answer to that with the Polyvagal theory of Dr. Stephen Porges which also explains where our emotions, our thoughts and our behaviour come from. We have translated the theory into understandable language, so that you can pass it on to the students. We also provide concrete tips & tricks on how you can approach this.

But every nervous system is unique. It is the result of all our previous experiences. For example, one person reacts anxiously on seeing a dog and the other super enthusiastic. So we are **all neurodiverse**. In addition to the theoretical explanation about our nervous system, it is therefore also important to get to know your own unique nervous system and to learn how to work with it. Through concrete exercises that can be used immediately in the classroom, you will discover exactly how to approach this.

For who?

This training session targets **all educational professionals**: teachers, support staff, members of the management team, etc.
There is no minimum or maximum number of participants for this workshop.

Duration?

The workshop lasts 1,5 hours (time for questions or break not included), but can be adapted on request.

Practical

How can you **book a workshop**?

- You call or email me to set a date and discuss the price via info@inesverplancke.be or 0474/366.413.
- An e-mail will follow with all information and arrangements.