

**Dr. Catherine Tregoning PhD CPsychol AFBPsS  
Chartered Health Psychologist**



**Smallwood C of E  
Primary Academy**



## **Mental Health Workshops to Support School Staff**

### **Thurs 29th Jan 2026 Supporting Mental Health & Wellbeing in Schools**

During this workshop we will increase awareness of the most common mental health problems. Staff will be helped to improve their own mental health in numerous ways, as well as become more informed & equipped to address issues experienced by colleagues & pupils. There will be a strong practical focus upon strategies for improving wellbeing, how to hold conversations about your own & others' mental health, & guidance around when & how to seek help. We will focus upon the fact that everyone can benefit from improving & protecting their mental wellbeing as a preventative measure, even those considered to have 'good' mental health at present.

### **Thurs 26<sup>th</sup> Feb 2026 Stress-Proofing: Turning stress into a motivator for staff & pupils**

In this workshop we will address stress as a potentially positive as well as negative part of our lives. We will work through a process of stress management where the focus is upon each individual developing an understanding of their own stress triggers, symptoms & stress levels, & targeting these towards becoming a healthy motivational force. Individuals will develop 'stress-proofing' techniques which can be used in the workplace in addition to elsewhere. We discuss stressors unique to school staff, consider how to recognise signs of stress in ourselves / colleagues / children, & discuss how we may potentially support others.

### **Tues 17<sup>th</sup> March 2026 Managing Anxiety: Supporting School Staff & Pupils**

Anxiety is extremely common across school children & staff, as well as amongst the general public. In staff it can have a significant impact upon work, negatively affect motivation & job satisfaction, & lead to long-term stress. In pupils it can inhibit learning & make social development difficult. This session addresses causes of anxiety in schools for both staff & pupils, considers various types of anxiety, provides practical strategies for coping with & reducing feelings of anxiety, & aims to improve wellbeing & the overall work/educational experience. During the workshop those attending will be helped to strengthen their own ability to cope with anxiety triggers, in order to not only aid their own mental health – but also to enable them to have greater understanding of anxiety, be aware of how to identify signs in others, & how to support colleagues and pupils.

**To book please email or ring:**

✉ [head@smallwood.cheshire.sch.uk](mailto:head@smallwood.cheshire.sch.uk)

☎ 01477 500362

**3.45pm - 5.15pm**

**£65 per person**

**Smallwood CE Primary,  
School Ln, Smallwood,  
Sandbach, CW11 2UR**

**If you have questions about workshop content please email:**

✉ [drcatherinetregoning@gmail.com](mailto:drcatherinetregoning@gmail.com)