



# Information Pack

WELLBEING INFORMATION, INSPIRATION AND SUPPORT  
FOR TEACHERS  
AND SCHOOL LEADERS

# The Problems

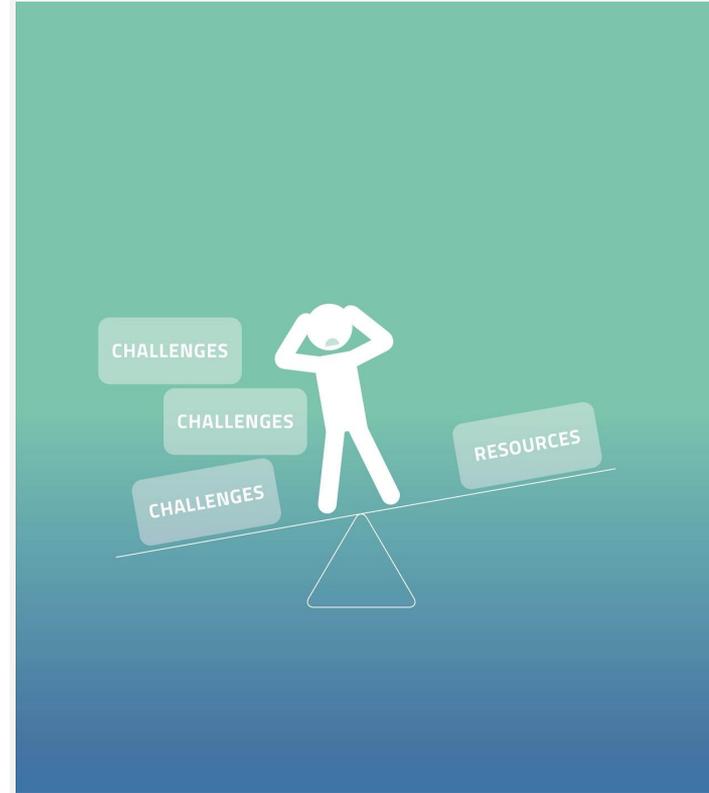
Under normal circumstances, 78% teachers and other school staff experience unsustainable levels of physical, mental or emotional stress. (Education Support Partnership research.)

2020 has been an incredibly challenging year for educators so far, with enormous uncertainty still on the horizon.

Anxiety and mental health issues are rising as a result.

And 80% don't seek help until they're desperate.

Teachers and school leaders desperately need support to not only cope with this, but to model coping strategies for their pupils.



# Our Mission

I'm Maria Brosnan, an educational leadership and wellbeing specialist with over 30 years' experience, and the founder of Pursuit.

Our mission is to transform the wellbeing of teachers, school leaders and school staff.

We've developed a "**5-step Wellbeing Action Plan**" specifically to do this.

It is practical, research-driven online training to help better understand and manage your mental, emotional, and physical health.

And being online means you can take the course privately, in your own time. It is completely anonymised and you can even choose to do all of the work offline for your added peace of mind.

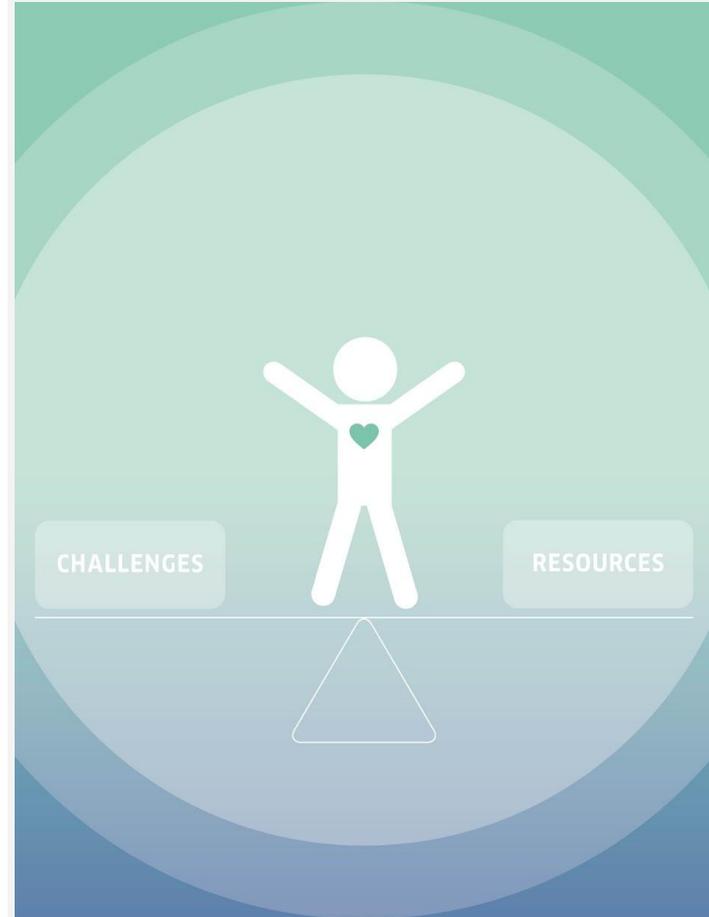
[pursuit-wellbeing.com](https://pursuit-wellbeing.com)



# The Benefits of Pursuit

Good staff wellbeing can have a number of benefits for schools, including:

- Staff are more able to manage anxiety and stress with improved coping strategies;
- Staff feeling valued, supported and invested in;
- Leading to reduced sickness absences (both short term and long term);
- Increased productivity and engagement of staff members;
- Improved retention, due to increased job satisfaction; and
- Positive impact on pupils, including improved educational outcomes, as both staff and children are better able to engage with their work



# The 5-Step Wellbeing Action Plan Course includes:

- Over 35 bite-sized video lessons;
- Five downloadable practices to help you think more clearly and feel calmer in 5-minutes or less;
- A 4-minute workout you can do anywhere to give you a boost of energy; and much more.



## COMPANION PLAYBOOK

For you to print off and complete as you progress through the course.



## BITE-SIZED VIDEO LESSONS

To watch and follow at a time and place that suits you.



## GUIDED ACTIVITIES

To help you choose your 'action', which will make up your 5-step Action Plan.



## PROGRESS CHART

For you to print off and complete each day as you carry out your action.



## TRANSCRIPT

A full, printable transcript, for each and every module.

## We introduce the course by:

- Defining our terms to ensure we're on the same page;
- Taking a baseline score of your wellbeing, using a **clinical assessment tool**. This is vitally important, as you will see an accurate snapshot of your wellbeing, perhaps for the first time.
- Learning a powerful tool to help you achieve your goals;
- Learning how to monitor your wellbeing in seconds; and
- How to act quickly to balance it when needed.





## MODULE 1: CONNECT

Connections with the people around you form the foundations of your wellbeing.

- The importance of social connections;
- How building these connections will support and enrich you;
- Connecting with different areas of your life;
- The 'one thing' you can always connect to, to build your resilience and wellbeing; and
- A downloadable guide to help you feel less stressed or anxious in 3 minutes or less.

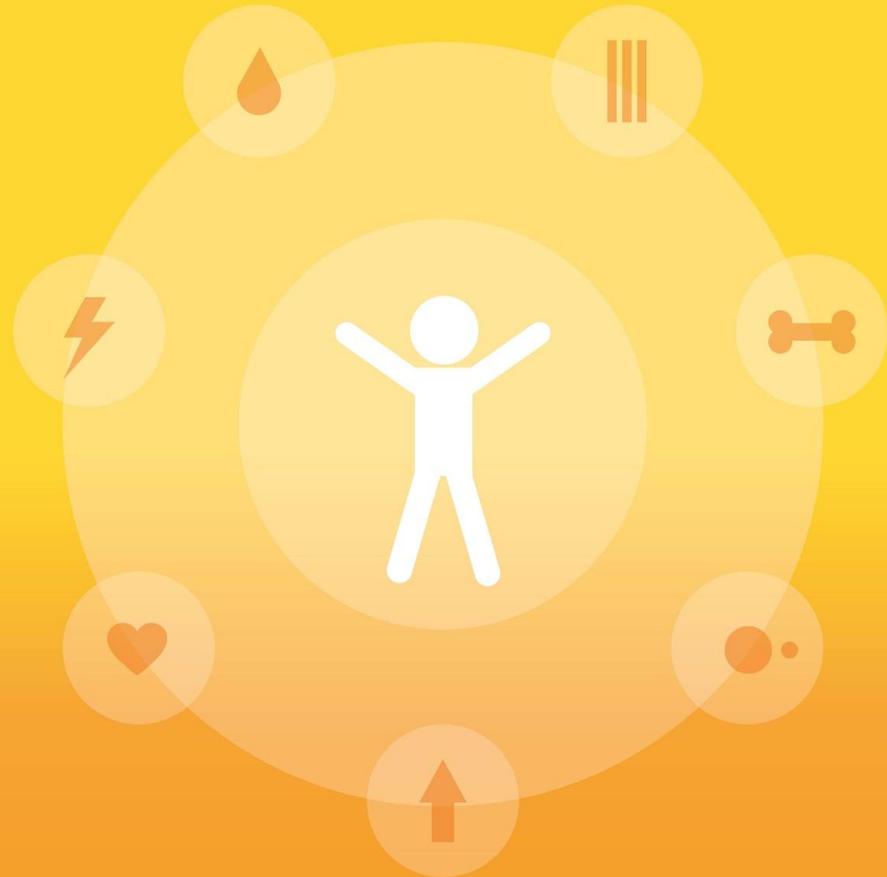




## MODULE 2: BE ACTIVE

Being active has enormous benefits across all aspects of your health.

- The physical and non-physical benefits of activity to your wellbeing;
- The best, most enjoyable ways *for you* to be active;
- The surprising benefit of movement in helping you deal with stress;
- Why it's so hard to sleep when you're stressed and what you can do about it; and
- "The 4-minute Workout" you can do anywhere.





## MODULE 3: NOTICE

Noticing is simply being more aware of what's happening in and around you.

- The importance of 'noticing' and how it can positively affect your wellbeing;
- How to improve your focus and attention; and how to use it to boost your wellbeing;
- Understand two proven practices that maximise the benefits of 'noticing';
- Learn an effective technique if you're feeling unsettled, anxious or worried; and
- A mini-meditation to reduce stress or anxiety in 3 minutes or less.





## **MODULE 4: LEARN**

Learning can have a powerful effect on our wellbeing.

- How learning can improve your wellbeing;
- The science of how we learn, unlearn and relearn, throughout our lives;
- Why we don't always follow up on our actions and what we can do about it;
- The power of the Learning Journey; and
- Ideas around what you'd like to learn and the concrete steps to get started.





## MODULE 5: GIVE

Giving can impact our wellbeing in surprising ways.

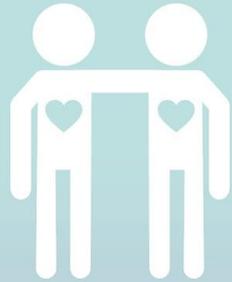
- How giving to others grows our feelings of happiness and life satisfaction;
- Why it's hard to give sometimes (and that's ok);
- Different ways in which you can give to others;
- The often overlooked aspect of giving generously to ourselves, while avoiding the hidden trap we often fall into as teachers.



## FINAL MODULE

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- Explore how you can bring all you've learned in this course into your school, to build or rebuild a healthy, happy, thriving school culture;
- Create a Wellbeing Action Plan for your school;
- Complete the final assessment to see your new wellbeing score.



# Testimonials

*"I have had the opportunity to complete the 5 step action plan programme for Wellbeing.*

*It is easy to follow and fitted into my busy schedule. I saw the impact on my well-being and was able to use the tools and suggestions from day one.*

*By using the breathing techniques and the simple exercise routine my health and well-being has improved.*

*I highly recommend giving yourself the time to really involve yourself in each of the sections and challenge yourself to own your well-being."*

LORNA HAMILTON, EDUCATION DIRECTOR, THE PRIMARY FIRST TRUST

\* The Trust is now rolling out the course across their schools

# Testimonials

*"Back at school now, you will be pleased to know that I am holding firmly onto your training and keeping my see-saw balanced.*

*Despite some difficult times, I have maintained a 'mostly' healthy sleeping pattern, added to my gratitude jar on a regular basis as well as used the breathing technique in the classroom (alongside the children!).*

***A huge thank you once again for a supportive course - a lift raft - to keep me afloat!"***

JO DENNY. YEAR 3 LEADER, MANOR LEAS JUNIOR SCHOOL

# Testimonials

“The Pursuit online training course is the most effective gift a headteacher could offer their staff – it’s like having their own wellbeing buddy gently nudging them into healthier practices that will benefit their physical and mental health.”

VANESSA MCHARDY, INTEGRATIVE CHILD PSYCHOTHERAPIST.

# Pricing Options

Individual teacher = £99

## **School or Multi Academy Trusts:**

2-14 teachers = £89 per teacher

15-25 teachers = £79 per teacher

26-50 teachers = £69 per teacher

50+ teachers = POA



# Next steps

Please book a one-on-one call with our founder and director, Maria Brosnan, to go through your requirements:

<https://calendly.com/mariabrosnan01/15min>

And please get in touch if you or your school are having financial difficulties. We can help.

maria@pursuit-wellbeing.com

pursuit-wellbeing.com



**pursuit**   
EVERYDAY WELLBEING

