

Outcome 1, 2 & 5

Background

Ballymoney Learning Together Partnership in partnership with Causeway Coast and Glens Locality Planning Group hosted a Promoting Mental Health & Wellbeing Conference on Friday 25th August 2017.

This brought Simon Ward, Senior Education Psychologist to the area to deliver a workshop for post primary schools and those who regularly work with young people. This looked at supporting and building resilience of young people and the importance of developing social and psychological well-being and the impact on the classroom environment.

Output

300+ teachers and local community and youth workers will receive training on the development of a growth mind-set and its impact on resilience development.

Outcome

Local children and young people will feel a sense of pride in their education and achievements.

Children and young people will develop an increase resilience through supported learning environments.

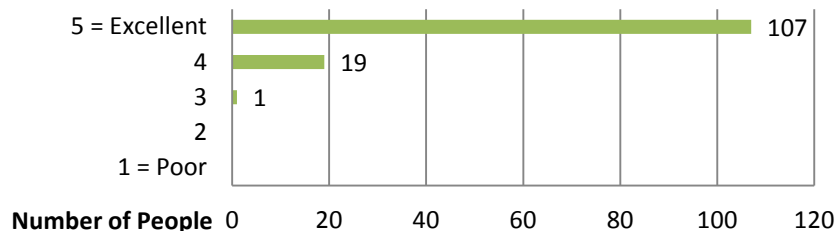
- Children and Young People and their parents will have the support they need with regard to their emotional wellbeing, mental and physical health.
- Children and young people are ready to learn at all transitional stages: strengthening the capacity of parents and schools to support their children to learn and achieve their full potential.
- All children and young people will enjoy good relationships/equality and diversity.



How much did we do?

127 participants completed evaluations.

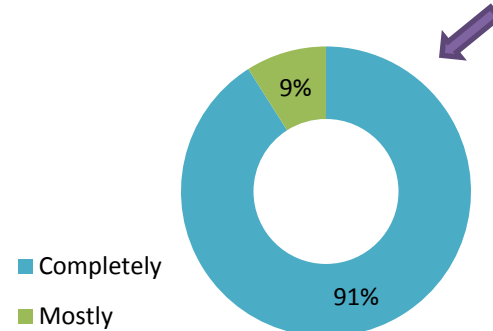
Participants rating of seminar



	1 = Poor	2	3	4	5 = Excellent
How would you rate the event as a whole			1	19	107

How well did we do it?

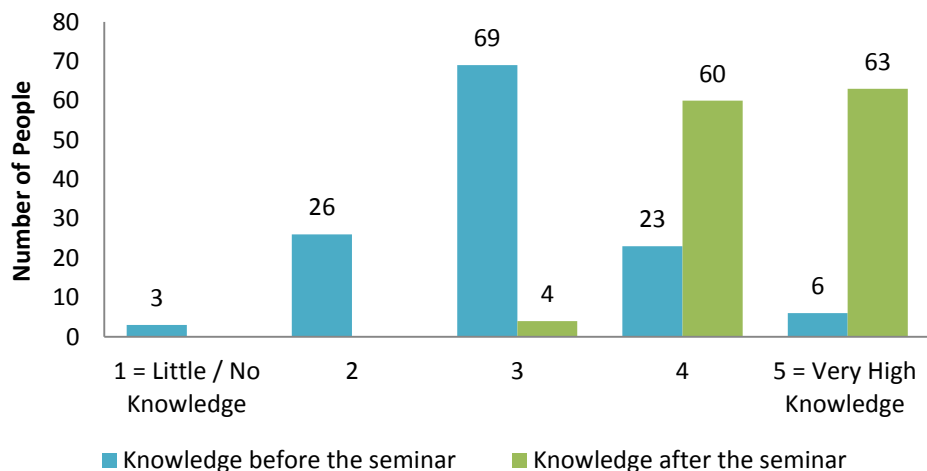
Were objectives of the seminar met



91% of participants felt objectives of the conference were completely met, 9% answered mostly met with 0 participants feeling objectives were not met.

Is anyone better off?

Participants knowledge of conference subjects pre and post conference



Some of the comments in relation to the learning that participants found particularly useful

- Importance of promoting positivity
- Difference between growth and fixed mind-sets
- Difference between mental illness and mental health
- Challenging and changing mind-set
- PERMA and it's meaning
- The impact of the environment on the child's potential to flourish
- Linking theory to practical situations
- How to praise effectively
- Techniques for working on a child's confidence and self belief
- How to create resilience
- How to create a good learning environment