



Education - Keep Calm and Carry on!

Friday 27th April 2018

The Atlantic Hotel, Newquay, TR7 1EN

Agenda

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| 8.30am | Registration, tea and coffee, visit the Marketplace |
| 9.15am | Welcome from the CAPSA Committee |
| 9.20am | iCT4 |
| 9.30am | <u>Stephanie Davies</u> - FLIP™ it thinking |
| 10.30am | Refreshments and visit the Marketplace |
| 11.00am | Stephanie Davies - The science of happiness for schools |
| 12.00pm | <u>FundEd</u> – Richard Manville. FundEd provides income generation solutions for schools, Richard will share some successful case studies to inspire ideas and help spark creativity. |
| 12.30pm | Lunch and visit the Marketplace |
| 13.45pm | Schools Advisory Service |
| 14.00pm | Stephanie Davies - Working well and team work |
| 15.00pm | Closing remarks and last chance to visit the Marketplace |

Full details for the sessions run by Stephanie Davies can be found below.

2 free places are available to all CAPH schools, [use this link to book](#). Any queries or to book additional places call Annette 01726 212892 or email annette@caph.org.uk. Space at the venue is limited, so book early to secure your place.

Stephanie Davies session outlines

FLIP™ it thinking

Having the ability to manage thoughts and feelings that can cause us to respond and react negatively, sometimes causing stress, is essential for healthy, productive teams. Using a researched and developed cognitive approach based in positive psychology this session introduces practical techniques to enhance resilience and manage stress.

In this session you will learn:

- How to apply LAUGHOLGY FLIP™ techniques for developing positive thinking and behaviours
- How to increase your mental agility, emotional intelligence and resilience for teams
- How to enhance thinking skills and make conscious decisions based on rational and logic
- How to use humour as a positive tool for feeling better and gaining perspective

The science of happiness for schools

This keynote explores how the neuroscience and psychology of happiness works and what realistic happiness is. It will introduce background knowledge and research into how happiness has been used in schools to improve wellbeing and standards.

In this session you will learn:

- The science and psychology of how happiness works within the brain
- What a happy organisation means in terms of practical workplace practices
- How to embed happiness as part of a strategic approach to increasing engagement and productivity

Working well and team work

Wellbeing involves several positive decisions regarding lifestyle as well as how you work and your team you work with. This keynote takes a holistic approach, exploring both mental and physical health to help people understand how they can help themselves and access behaviours that will increase wellbeing while supporting them through simple school initiatives.

In this session you will learn:

- What enables wellbeing
- Critical thinking and behavioural techniques for preventing stress and increasing mental fitness
- Working under pressure and managing this
- Creating healthy working and life habits including the non-negotiables