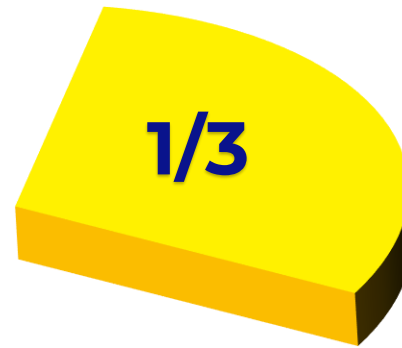


Teacher's Toolkit...

REACHING BEYOND BELIEFS

The Teaching Profession does not always receive the respect it deserves.

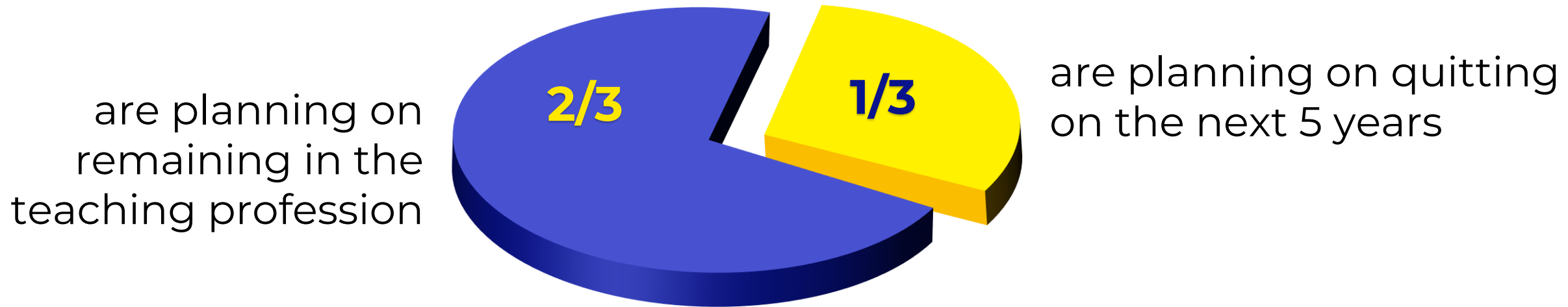
And so...



are planning on quitting on the next 5 years

The Teaching Profession does not always receive the respect it deserves.

And so...



In a world where education is paramount and workloads are rising, potentially losing a third of the workforce is untenable.

The training, investment, wisdom and brilliance of many will be lost.

* Source: <https://www.theguardian.com/uk-news/2021/apr/08/one-in-three-uk-teachers-plan-to-quit-says-national-education-union-survey>

Teachers are feeling overwhelmed by:

- the pressure of increased workloads
- the impact of this pressure on their wellbeing
- feeling under-valued or not trusted
- losing of sight as to why they joined the profession
- the frustration of wanting to help their learners



BUT feeling their hands are tied

- They are seeking an alternative career path which will impact on...
 - the school
 - the education of our children both now and in the future

Their training, investment, wisdom, experience and brilliance will be lost.

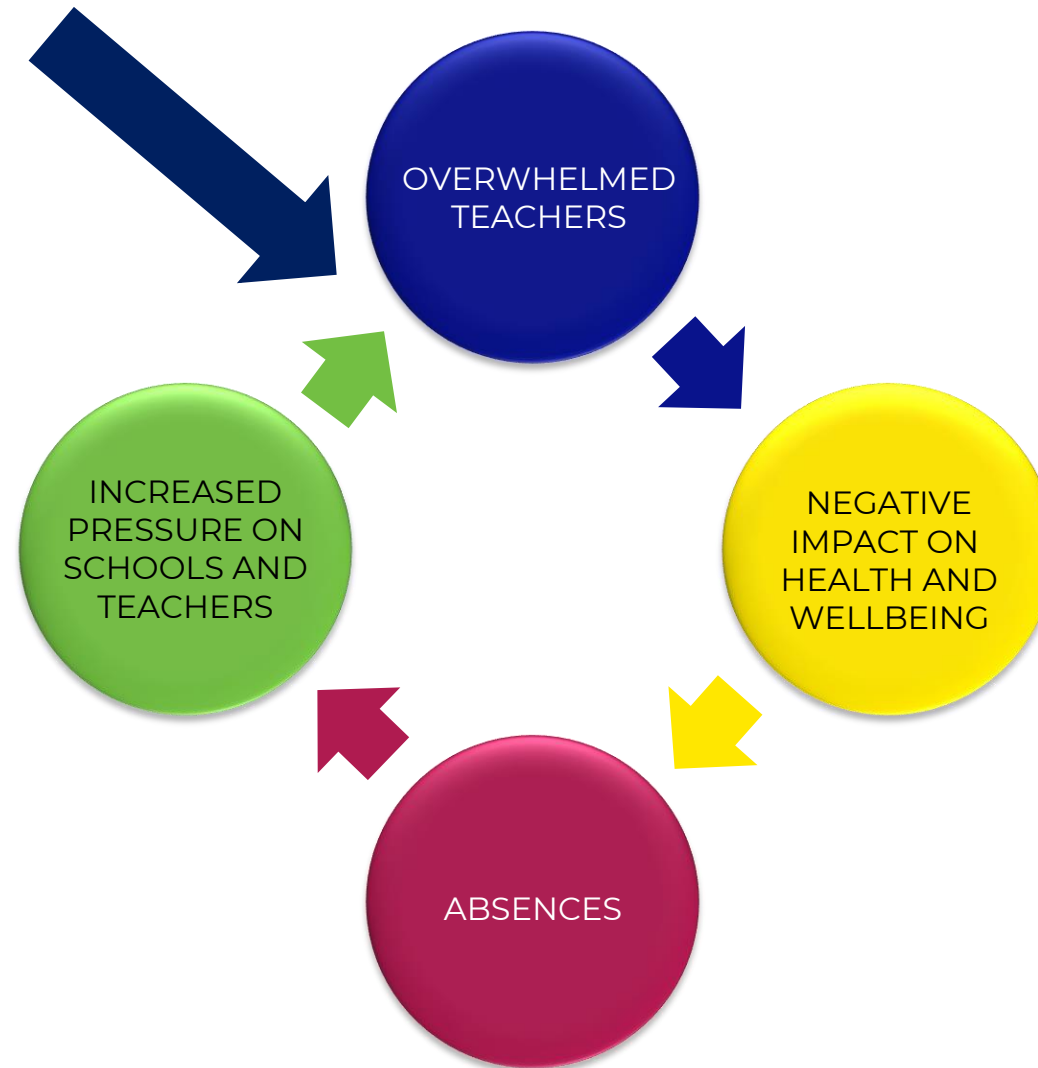


A decorative graphic on the left side of the slide, consisting of two overlapping curved bands. The outer band is a vibrant yellow, and the inner band is a deep blue. Both bands curve from the top left towards the bottom right, creating a sense of movement and flow.

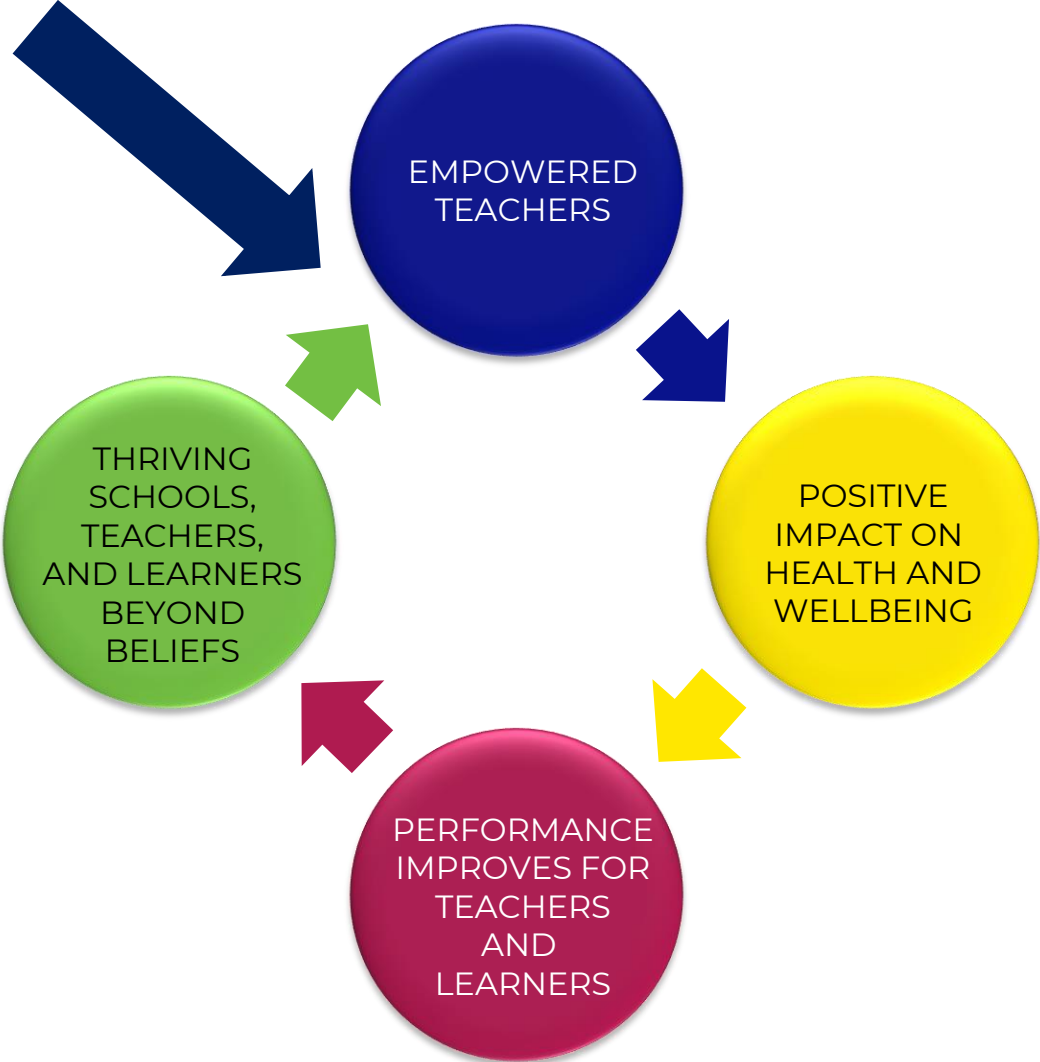
Our mission...

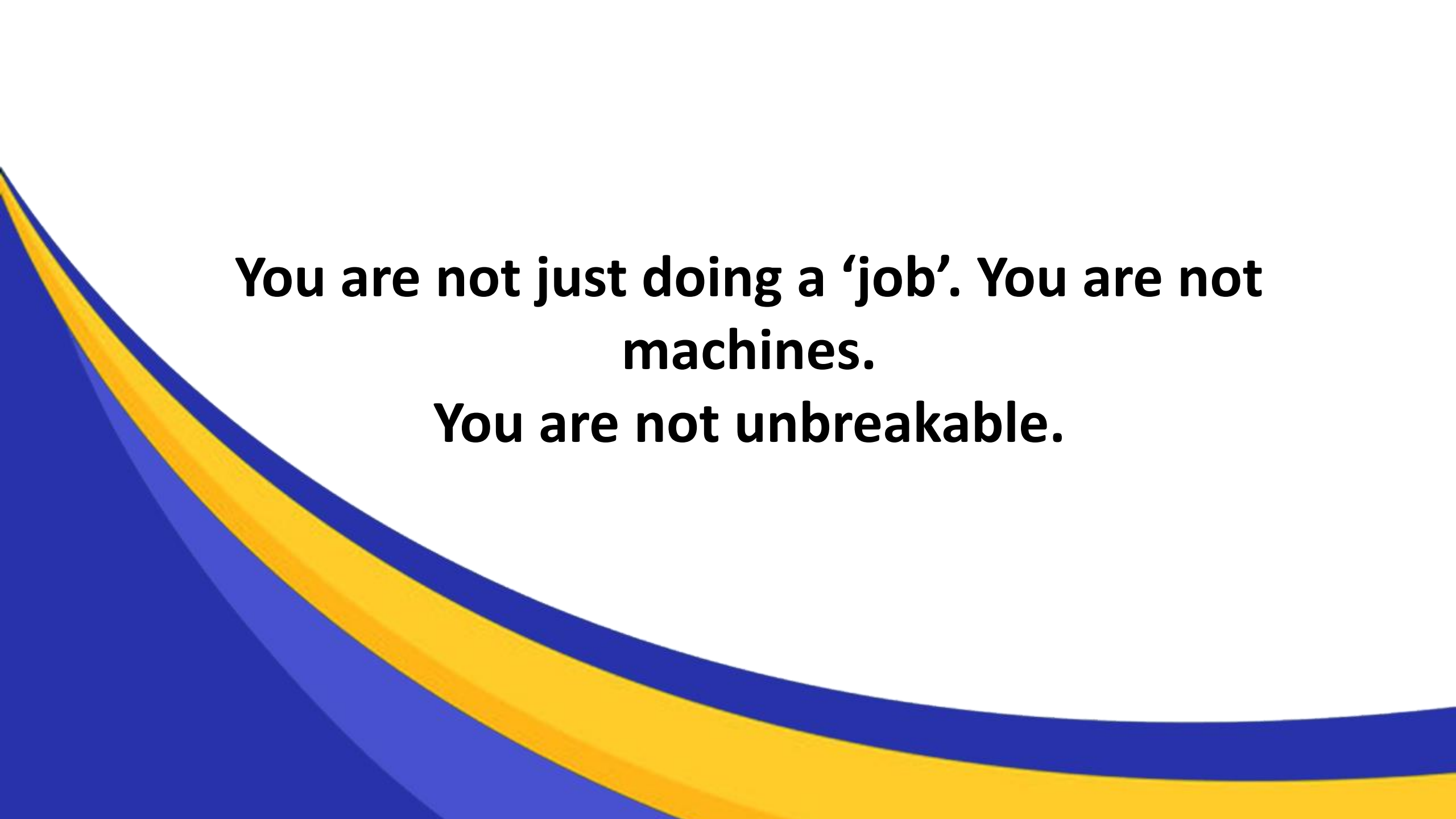
Break the Cycle...

From:



To:





**You are not just doing a 'job'. You are not
machines.
You are not unbreakable.**

You are professional educators. Next generation influencers. Life changers. Role models.

This leads to caring, compassionate, inspiring, professionals with big hearts and a wealth of knowledge and experience...

But sometimes at the expense of looking after or valuing self.

It can be hard to set personal boundaries, to know your own value, to look after your own wellbeing and to remember why you joined the profession to start with.



In a culture where Ofsted, the curriculum and students' wellbeing come first, teachers feel that they are not being seen or heard.

We are often ill or exhausted due to workloads, which results in the loss of our brilliance, impacting on our learners, our school and our profession.

Unless we discover our own value, self-worth, and look after our wellbeing, we will continue to leave education. Our genius, experience and wisdom will be lost to future generations.





Restoring Balance in Education



I am **Elizabeth Everington**

an experienced teacher,
trainer and therapist,
specialising in academic
mindset and health matters,
for teachers and learners.



I have worked extensively in educational settings, including within the classroom, management, examining and inspecting. I experienced the feelings of overwhelm and stress due to the workloads and challenges of the system; feeling undervalued whilst being passionate about the education process and learners. I allowed this to impact on my health and left the career I loved.

I discovered a way to restore my health, take back control of my life and realised that teaching doesn't have to be this way. Therefore, I have spent the last 5 years working with teachers to share my learnings and experience, enabling them to remain in the profession whilst restoring their wellbeing.





I am **Emma McNally**
an author, trainer and international speaker; specialising in working with professionals who are experiencing extreme pressure, stress and negative thought patterns.



I have worked extensively in education, within high-pressure public-sector environments and understand the stress of extreme workloads, tight deadlines and what it is like to face impossible targets. Knowing firsthand how it feels to be backed into a corner with no way out, I understand the real impact on mental well-being.

I've discovered a way to create balance whilst being an outstanding performer, and I now share these tools and techniques with professionals so that they too can achieve their greatness.



TEACHERS' WORKSHOP

1

Metacognition for
Mental Wellbeing:
Managing the stress
response

How can I recognise and manage my emotional state, in times of stress, at a pre-metacognitive level?

Our aim is to provide teachers with the understanding of the impact of the stress response and the importance of managing it for health and emotional wellbeing.

You will uncover what is happening when you become stressed, at a neuroscience level, along with discovering tools to manage your own state to achieve your desired outcome: learn strategies that will make your job easier, as a teacher, by reducing the feeling of overwhelm and enabling you to do what you love.

Being in a calm, controlled and confident state at all times, will enable you to manage those challenging situations, that previously would have caused you stress, in a more relaxed, efficient and productive way.

£300

TEACHERS' WORKSHOP

2

Walk a mile in my
shoes... till then don't
judge me

How can I build greater empathy in all of my relationships to help colleagues, learners and families, especially those I find challenging?

Our aim is to provide teachers with a unique skills set, enabling them to align with others' situations and creating more productive working relationships.

You will uncover new ways and skills to relate to and understand learners, to better your relationships in your environment, and to bring out the best in yourself and others. Through this greater understanding you will release limitations and know how to move forward from a place of respect, curiosity and wisdom.

Wisdom comes from within to build trusting relationships with someone else, only then can we fully perform in a respectful, valued and productively empathetic way.

£300

TEACHERS' WORKSHOP

3

Who's controlling your
hot buttons?

How can I recognise my triggers to enable greater choice and control, and ultimately change my response?

Our aim is to provide teachers with a different perspective through which to view challenging situations and bring about healthy resolution.

You will uncover the power of your beliefs and the impact they have on what we say and do. You will discover how to stay in control of your inner most thoughts and feelings; owning our emotions is the key to success, for self and others.

By applying these strategies, you can enhance your own experience at school as a teacher, whilst enabling your students to do the same as learners.

£300

TEACHERS' WORKSHOP

4

Reaching Beyond
Beliefs


How can language help me and my students to achieve greatness beyond expectations?

Our aim is to provide teachers with a number of simple, practical, linguistic models for use in everyday communications to enhance the teaching and learning experience.

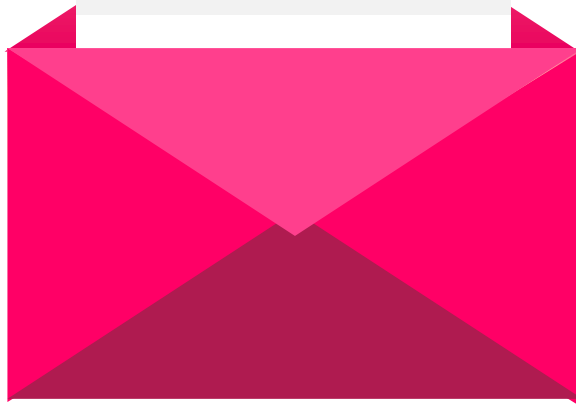
You will uncover the power of your words: the impact they have on neurology, health and behaviours in self and others; and the ultimate consequences on beliefs and self-esteem.

By applying these easy to use models, you can change the outcomes for your students, enabling them to grow in resilience as well as enhancing your teaching experience, and wellbeing.

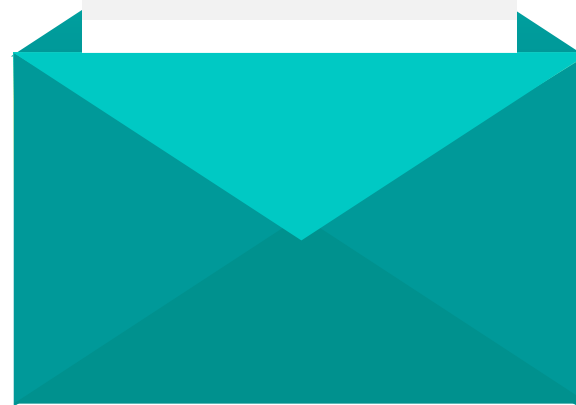
£300




"This was an excellent course. It was great to hear lots more examples of how NLP can be used in an educational setting. Emma and Elizabeth are very knowledgeable."



"Really enjoyed it - am excited about the possibilities it opens up and am eager to learn more. Love the link with health and mental health. Love the passion."



"This was incredible. Standard of training was superb in terms of delivery but the content was so practical and I could see how I could begin to use it in daily life and professional life. Just amazing, very compassionate, highly relevant for each attendee and tailored for our specific needs and requirements.
THANK YOU!"



"Very interesting and I would really recommend it to my colleagues at the school. Learned a lot and really happy to use the techniques."

Book your team sessions...

To build retention
To build mental health and wellbeing
To build resilience
To build better communications

Contact [Elizabeth Everington](#) or [Emma McNally](#) for further information

Elizabeth@nextstep.co.uk

or emma.mcnally@achieveyourgreatness.co.uk

