## still human















**Ilama**.id



# Julie Liddell

'If we do not ensure first and foremost that our teachers are happy healthy well qualified highly motivated hard-working well-trained experts they cannot be their best for their students.'

John Tomsett

Author of Putting Staff First

#### Workshops to empower staff to look after their own wellbeing

The MIND less FULL

Menopause Awareness Mindfulness for Menopause

The Power of Rest



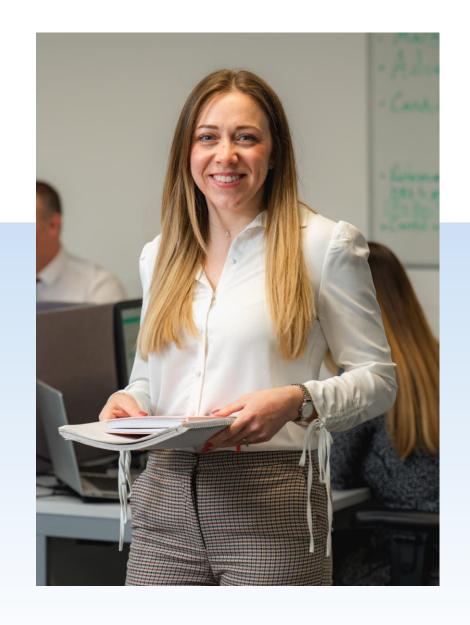
### Wellbeing Champion



A 2-day course with a focus on how to **embed** staff wellbeing into the culture of the organisation and positively impact on the whole school.

Assured for **DfE Senior Mental Health Lead funding – currently available until 31**<sup>st</sup> **March 2024** 

Next course: 29<sup>th</sup> Feb- 1<sup>st</sup> March, Acklam Hall, Middlesbrough



## Mindful eating



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Where to find us:

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