



SUPPORTING STAFF WELLBEING USING THE PERMA MODEL

WHAT ARE THE AIMS OF THE TRAINING?

To equip senior leaders and other pastoral staff members with a sound understanding of the PERMA model, including ideas on ways to support staff wellbeing within their settings

WHO IS IT SUITABLE FOR?

Senior Leaders (could include wellbeing governors, pastoral managers, SMHL, and SENCO) in school to share with their staff

WHAT IS COVERED?

- Consider current context linked to wellbeing
- Explore wellbeing, the impact of stress and how this is currently supported in school
- Develop an understanding of PERMA, an evidence-based model of wellbeing
- Reflect on the 5 areas of the PERMA model in relation to the whole school staff community
- How to reflect, set goals and make plans

WHERE AND WHEN?

BOOK EITHER:

THURSDAY 13TH NOVEMBER 9.30 AM – 11.30 AM

OR

THURSDAY 4TH DECEMBER 13.30 PM – 15.30 PM

LOCATION: BINGLEY FAMILY HUB, THE BINGLEY CENTRE NORFOLK ROAD,
WOLVERHAMPTON WV3 0JE

BOOK YOUR PLACE THROUGH THE WVES WEBSITE

OR

CONTACT OUR ADMIN TEAM ON:

INCLUSIONSUPPORTADMIN@WOLVERHAMPTON.GOV.UK

Positive Leadership with PERMA MODEL

POSITIVE EMOTIONS

Benefits: Increased motivation, resilience, satisfaction.

Leadership Actions: Foster a positive culture, combat negativity, help employees find meaning.



ACCOMPLISHMENT

Benefits: Increased motivation, confidence, productivity.

Leadership Actions: Foster a culture valuing innovation, empower employees, celebrate achievements.



ENGAGEMENT

Benefits: Improved collaboration, communication, innovation.

Leadership Actions: Support initiatives, reduce obstacles, align incentives.



RELATIONSHIPS

Benefits: Better collaboration, communication, teamwork.

Leadership Actions: Initiate programs for meaningful relationships, recognize achievements.



MEANING

Benefits: Increased motivation, resilience, satisfaction.

Leadership Actions: Actively support initiatives, help employees find meaning.

