



# 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:

MONDAY 12TH OCTOBER 2026 - 9.30 - 11.30

OR

WEDNESDAY 27TH JANUARY 2027 - 9.30 - 11.30

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

**BOOK YOUR PLACE THROUGH LOGGING IN TO YOUR WVES ACCOUNT AND  
SEARCHING 'PERMA'**

**OR**

**CONTACT OUR ADMIN TEAM ON:**

**[INCLUSIONSUPPORTADMIN@WOLVERHAMPTON.GOV.UK](mailto: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.

