ITT, NQT, RQT Mental Health and Wellbeing Training

Teacher stress is on the increase. A recent NASUWT survey (2018) noted that:
✓ 89% of staff had reported workplace stress
✓ 67% of teachers said their job had adversely affected their mental health
✓ 51% of teachers had seen a Doctor because of work-related mental health problems

ARE YOU PREPARING YOUR YOUNG TEACHERS TO NOT ONLY SURVIVE, BUT THRIVE?

A renowned Mental Health and Wellbeing Specialist, Leadership Coach and Inspirational Speaker, Matt is the obvious choice for providers wishing to:
✓ Develop resilience and stress-busting strategies for all
✓ Enhance new teacher effectiveness, morale, and overall wellbeing
✓ Provide Mental Health First Aid training and advice for inexperienced teachers
✓ Increase young teachers’ confidence in their unique abilities and talents

Matt now offers bespoke workshops, presentations and training for new and trainee teachers to build their own emotional resilience, so that they can passionately teach and connect in a variety of school environments.

Please contact Matt for more information on how your teachers can survive and thrive!

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✓ ‘Inspirational’ Principal (Ofsted, 2018)
✓ NPQ Senior Leader Training Facilitator (NPQ Online 2018)
✓ Mental Health First Aid Instructor (Mental Health England, 2018)
✓ Leadership & People Development Award (CESW, 2016)
✓ Resilience Coach
✓ Former FIFA/FA Premier League Referee