

## ELSA Programme for Teaching Assistants

### What is ELSA?

An Educational Psychology led intervention for promoting the emotional wellbeing of children and young people. The ELSA programme has been designed to build the capacity of schools to support the emotional needs of their pupils from within their own resources. It recognises that children learn better and are happier in school if their emotional needs are addressed.

### Programme and Resources Provided:

Day 1 – Raising emotional literacy awareness; emotional literacy in schools

Day 2 – Building resilience 1: Borba's model: security and affiliation (building resilience)

Day 3 – Building resilience 2: Borba's model: selfhood, competence and mission (building resilience)

Day 4 – Emotional regulation; social and friendship skills

Day 5 – Loss, bereavement and family break up; therapeutic and social stories.

- Five full days training delivered by highly experienced Educational Psychologists;
- 4 x 2 hour supervision sessions facilitated by Educational Psychologists who are trained in Clinical Supervision, to support active listening and reflective conversations;
- An Empower folder containing all of the PowerPoints and hand-outs;
- The updated second edition of the handbook 'Emotional wellbeing: an introductory handbook for schools' by Gillian Shotton and Sheila Burton (August 2018);
- Exclusive use of the ELSA Network logo for your school website and any ELSA materials; and
- ELSA accredited
- Lunch and refreshments.

*To facilitate a whole school approach, SENCOs can attend the 5 training days:*

*£60 per session per person, or discounted to £250 for all sessions per person*

### Full Programme and resources for

#### Teaching Assistants:

Alliance members: £430.00 per person and Non-alliance members: £500.00 per person

**To book, please contact Therese Houlihan:**

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