



HASTINGS
OPPORTUNITY
AREA



Supporting mental health and wellbeing

Training videos for
Staff wellbeing

resources for schools created by Boingboing (CIC) in
partnership with Hastings Opportunity Area

As part of our training and support package for schools our partners Boingboing have created a selection of support videos to help schools with staff wellbeing.

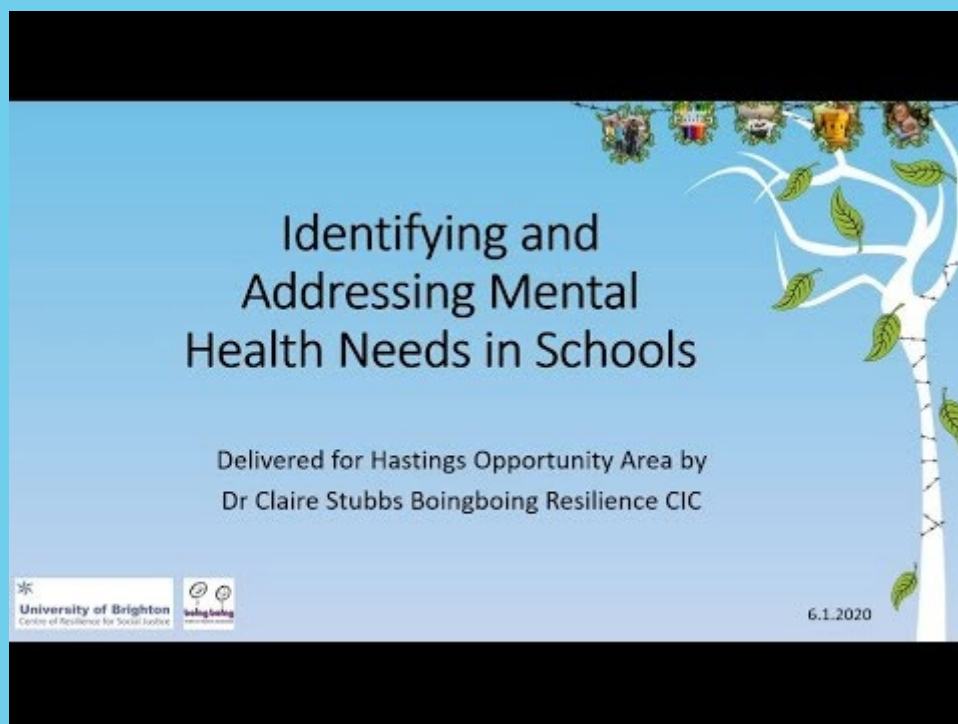
Contact Gabrielle Rowles at gabrielle@boingboing.org.uk to find out more.

Boingboing resilience – identifying and addressing mental health needs

Boingboing Resilience training video looks at identifying and addressing mental health needs in schools. Boingboing is a research and practice organisation which uses insights from the resilience research evidence base to inform all our practice and training. This training is delivered for Hastings Opportunity Area by Dr Claire Stubbs from Boingboing Resilience CIC.

<https://youtu.be/PYaBCsFSBrc>

video length 1 hour 56 mins



Staff wellbeing – principles of our approach

The first in a series of training videos from Boingboing focused on staff wellbeing. In this video Gabrielle talks about the principles underlying the Boingboing Resilience approach and how these can be used to developed an approach which works in your school or college. Boingboing is a research and practice organisation which uses insights from the resilience research evidence base and our practical experience in schools and colleges across the country. This informs all our practice and training ideas. This training is delivered on the behalf of Hastings Opportunity Area. Title music by bensound.com.

<https://youtu.be/iYebNzz8sK8>

video length 5 min 35 sec



Staff wellbeing – planning staff wellbeing using the noble truths

This Boingboing Resilience training video examines how to plan resilient moves for staff wellbeing across the school. The Noble Truths are useful underlying themes which you can hold in mind when you begin mapping out what you would like to do to support staff wellbeing in schools and colleges. Boingboing is a research and practice organisation which uses insights from the resilience research evidence base and our practical experience in schools and colleges across the country. This informs all our practice and training ideas. This training is delivered on the behalf of Hastings Opportunity Area. Title music by bensound.com.

<https://youtu.be/GXDa2MJSdDY>

video length 7 min 45 sec



Staff wellbeing belonging

This Boingboing Resilience training video looks at how a sense of belonging can promote staff wellbeing in schools. There are many different ways we have seen schools and colleges ensure their staff feel a sense of belonging. This clip examines different ideas which could work in your community and how everyone has a part to play. Boingboing is a research and practice organisation which uses insights from the resilience research evidence base and our practical experience in schools and colleges across the country. This informs all our practice and training ideas. This training is delivered on the behalf of Hastings Opportunity Area. Title music by bensound.com.

<https://youtu.be/VWMIhx5SulU>

video length 12 min 17 sec



Staff wellbeing coping skills

This Boingboing Resilience training video looks at how schools and colleges can create time and space for staff to access and develop a range of coping skills when things get tough. Boingboing is a research and practice organisation which uses insights from the resilience research evidence base and our practical experience in schools and colleges across the country. This informs all our practice and training ideas. This training is delivered on the behalf of Hastings Opportunity Area. Title music by bensound.com.

<https://youtu.be/Ntlo5pjXVIY>

video length 7 min 56 sec

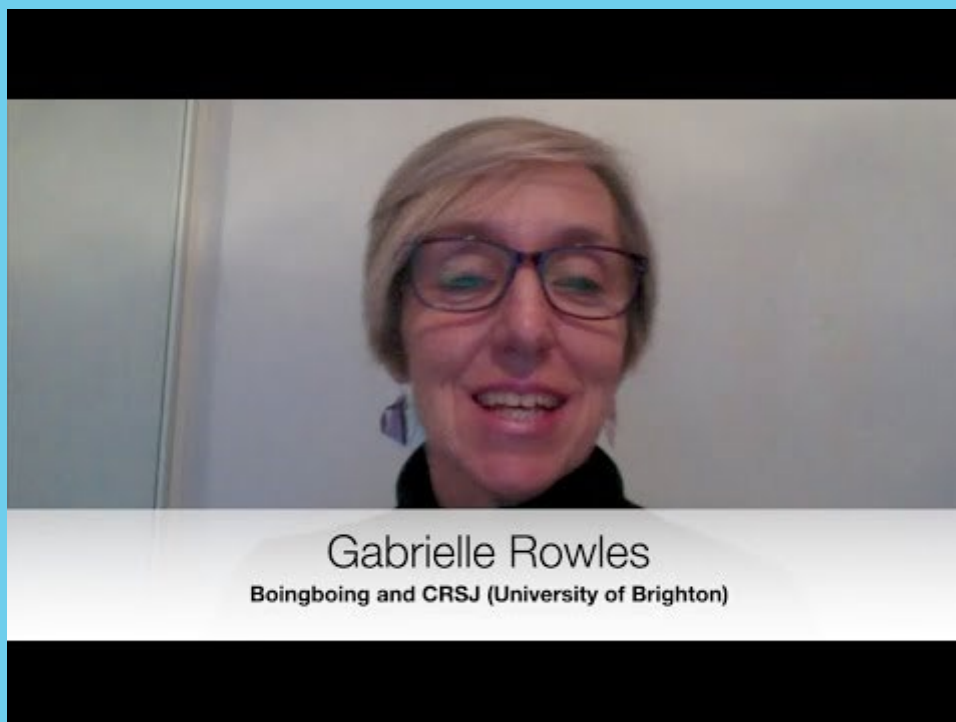


Staff wellbeing – core self

This Boingboing Resilience training video examines how an understanding of your 'core self' can help your wellbeing at work. This includes keeping a sense of hope as well as knowing how you fit in at work and what you are trying to do. Schools can consider ways to enable staff to have a strong sense of identity and can nurture their intrinsic motivation. Boingboing is a research and practice organisation which uses insights from the resilience research evidence base and our practical experience in schools and colleges across the country. This informs all our practice and training ideas. This training is delivered on the behalf of Hastings Opportunity Area. Title music by bensound.com.

<https://youtu.be/E6hmbtbjgo>

video length 9 min 58 sec



[Boingboing website](#)
[BB privacy statement](#)
[Subscribe to our mailing list](#)
[See more events from Boingboing](#)

<https://hastingsopportunityarea.co.uk/mental-health/mental-health-school-support/>

[Hastings Opportunity Area | Facebook](#)
https://twitter.com/oa_hastings

