

STAFF TRAINING · INSET

Training for Key Stages 3 & 4

Knowledge and insight into children's behaviour, emotions and learning processes is crucial to helping every child reach their own unique potential, year on year.

The sessions below give staff a fresh understanding of the children they teach and care for, building confidence, personal resources and skills for everyday school situations.

Lorraine Lee Training is an inspirational training provider offering workshops, seminars and lessons for teachers, practitioners and support staff. All sessions include front-led input, discussion time and space for questions.

The incredible adolescent brain

- The key changes in brain capability and structure during adolescence
- How those changes impact emotions, behaviour and relationships with adults

Managing classroom challenges

- How the peer group impacts classroom behaviour
- Why classroom behaviour can deteriorate during adolescence
- Managing disruptive behaviour and maintaining a respectful classroom environment

Effective revision and preparing for exams

- Helping children understand how their brain learns, revises and stores information
- Helping young people stay calm and avoid exam anxiety
- Building key exam skills

Helping young people to manage anxiety

- Understanding anxiety and how to spot if a student requires support
- Helping children deal with anxiety and pressure points
- Providing coping strategies to help students engage in learning

Helping young people to see their future positively

- Obstacles to young people seeing their future positively
- Helping young people set aspirational goals and make progress towards them

Engaging parents

- The role of parents in adolescent learning
- Connecting with 'hard to reach' parents
- Using parental engagement to support young people's motivation levels

Coaching conversations with young people

- Why coaching conversations are necessary for young people
- When to have these conversations
- The essential components of an effective conversation with pupils