

LIGHTBULB EDUCATION SOLUTIONS



***Solution Focused
Education Training***

www.lightbulbeducationsolutions.com

Courses for Educators

Teachers

Building Positivity Stamina

(1 Hour INSET Training / Workshop)

Group Price £300

What do we mean by a positive school environment? Understanding the brain in relation to solution focused teaching and the Neuroscience of learning. Health benefits of a positive mindset. Lightbulb Relaxation Solutions.

Introduction to Becoming a Solution Focused School

(1/2 Day INSET Training)

Group Price £400

Implementing a positive solution focused approach. Understanding the workings of the mind to harness a positive culture. Exploring positive effects of self-congratulations. 'Flow Don't Freeze' discusses how children who have a 'growth' mindset are more successful. Lightbulb Relaxation Solutions.

Developing a Solution Focused School

(1 Day INSET Training)

Group Price £550

Implementing a positive solution focused approach; effective communication; setting achievable goals; recognising the importance of discovering skills and resources. 'Balloons, Buckets and Lightbulbs' illustrates the Neuroscience of mind processing. 'Painting a Picture' is an exploration of how we only have control over our own thoughts and actions. Lightbulb Relaxation Solutions.



TAs

Practising Solution Focused Support

(1 Hour to Start / Weekly Ongoing)

Group Price £300 (Max 20)

Understanding the workings of the mind to aid the self-development and practice of the support professional. Sparkly support moments. Finding solution steps. Unlocking behavioural patterns and moving forward positively. Lightbulb Relaxation Solutions.

All Staff

Twilight Lightbulb Relaxation & Wellbeing Solutions

(1 Hour Weekly After School)

Group Price £300 (Max 20)

A course of sessions that focus on relaxation, wellbeing and work-life balance. Enriching our experience of work and home life. Sparkly moments. Understanding the simple workings of the mind to help us to relax. Scaling and questions that prompt moving forward positively. Lightbulb Relaxation Solutions.

Parents, PTA, Governors & Community

A Solution Focused School Community

(1 Hour)

Group Price £300

Identifying our Community (Common Unity). Creating a solution focused school community. Harnessing a positive culture. 'Balloons, Buckets and Light Bulbs.' 'Seeing The Bigger Picture'. Lightbulb Relaxation Solutions.

Management

Bridging Solutions for Retirement

(4x1 Hour Weekly to Start / Ongoing TBD)

£90 per individual session

Initial Consultation. Identifying issues and finding solutions. Lightbulb Relaxation Solutions to make positive changes. CD or MP3 to bridge live sessions. Preparing to hand over, gliding into retirement and embracing the future.

Courses for Pupils

Multimedia Assemblies

Bridging Solutions for Adulthood

(1 Hour Yrs 10, 11, 12, 13)

Group Price £200

Stress, Anxiety and Depression. Addiction: drugs, cigarettes, alcohol, gaming, social media. Exam stress, focus, motivation, study planning and time management.

Bridging Solutions for the Maturing Teenager

(1 Hour Yrs 7, 8, 9)

Group Price £200

Friendships, relationships. Bullying: physical, verbal, cyber. Self-esteem: confidence, eating disorders, body dysmorphia, media and commercial pressure.

The Attitude of Gratitude

(3/4 Hour Yrs 5, 6)

Group Price £175

Family, friendship, cooperation. Gratitude and thankfulness. Developing a 'good' attitude.

The Happiness Formula

(3/4 Hour Yrs 3, 4)

Group Price £175

Happiness Formula = The Magic Three (positive thoughts, actions and interactions). Community, helping each other. Developing empathy and compassion.

Life is Meant to be Easy

(1/2 Hour Yrs 1, 2)

Group Price £150

Enjoying the 'gift' of the 'present'. Keeping things simple. Being in the moment, living in the fabulous here and now.

Class-created Assemblies Any Age Group

(6 x 1/2 Day Weekly)

Group Price £350 pw (Max 35)

Focus will reflect the above age group content. Class create and perform their devised assemblies in the hall within 6 weeks.

Classroom Projects

Bridging Solutions for Adulthood

(6 x 1/2 Day Weekly Yrs 10, 11, 12, 13)

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Target Sessions

(1 Hour Weekly)

Group Price £200 pw (Max 5)

E.g. Attendance, absenteeism, behavioural issues, 'looked-after' children, family and domestic challenges. Small groups. Developing solution focused skills and strategies. Lightbulb Relaxation Solutions to consolidate positive gains.

About Lightbulb Education Solutions

Gareth Strangemore-Jones and Enfys Jones of Lightbulb Education Solutions are both PGCE trained and share more than 25 years of experience teaching children and adults of all ages.

We are highly-qualified Clinical Hypnotherapists and Solution Focused Psychotherapists with The Penarth Practice. As specialist consultant teachers, we offer unique insights into 'mind matters', behavioural issues, teaching and learning practices and cutting edge techniques to empower people to live and learn positively.

The positive teaching and training services from Lightbulb Education Solutions focus on developing knowledge, skills and attributes of wellbeing that are key to the PSHE and Wellbeing curriculum. We harness the best of CBT (Cognitive Behavioural Therapy), Mindfulness, SFBT (Solution Focused Brief Therapy) and the very latest Neuroscience. Services are adaptable, and we are happy to create targeted sessions when a school-specific issue or situation requires a particular focus. We are both DBS / CRB checked and fully insured.

“ We realise that stress and stress-related symptoms can prevent people from performing to the best of their ability and can affect their general health and wellbeing. ”

Estyn
(Managing Stress and Wellbeing in the Workplace).

Contact and Book

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For more information and outlines of projects and follow-up activities, see www.lightbulbeducationsolutions.com



LIGHTBULB EDUCATION SOLUTIONS POWERED BY THE PENARTH PRACTICE