

Regulating the Room

A Six-Week Training & Support Programme for Teachers

Support the wellbeing and behaviour management of your staff with this unique, regulation-informed offer.



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Regulating the Room is a trauma, and polyvagal-informed six-week online training and support programme designed to help teachers feel more regulated, confident, and equipped to manage behaviour in the classroom.

By starting with **teacher wellbeing and nervous system regulation**, the programme supports staff to respond to behaviour calmly and effectively, reduce burnout, and create safer, more supportive learning environments for all pupils.

The package will also support in **early identification of SEND** within the classroom, using the **graduated response** from the SEND Code of Practice, which is a core element with the package

Forming Connections

Neuroscience Based Education for All



Why Regulating the Room?

Teacher wellbeing continues to be a critical issue in recruitment, retention, and classroom effectiveness. **National data** shows that over 30% of teachers leave the profession within their first five years.

Behaviour challenges, emotional labour, and increasing complexity of need contribute significantly to stress and burnout.

Regulating the Room was created to address this, not through behaviour policies or punitive strategies, but by supporting teachers to understand **what is happening beneath behaviour**, in themselves and in their pupils.



What Makes This Programme Unique?

- **Science-based:** Draws on neuroscience, the escalation curve, and polyvagal theory
- **Person centred focus:** Offers daily tools to track and reflect on regulation
- **SEND-aligned:** Supports early identification of needs in line with the SEND Code of Practice
- **Practical & Reflective:** Builds teacher confidence through weekly application and review

What skills will I learn?

- **How** to build **self-regulation** and **personal resilience**
- **How** to understand and respond to **classroom behaviour** using a nervous system lens
- **How** to apply **graduated response** processes (assess/plan/do/review)



For more information visit

<https://formingconnections.co.uk/regulating-the-room>

Or email brenda@formingconnections.co.uk

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