



Woodland Wellbeing

CPD & Inset Days for Teachers

At Inside Out we understand the importance of our physical and emotional health. When we have good levels of wellbeing we feel that life is in balance and that we can generally cope well. We feel motivated and engaged, we're resilient and able to deal effectively with daily troubles, as well as "bounce back" from life's challenges.





Our Woodland Wellbeing Days focus on the mental health of educational practitioners through outdoor mindfulness in nature that fosters positive appraisals, recognition and the development of a sense of belonging.



About Our Sessions

Our sessions are focused on education professionals, including headteachers, NQTs and support staff, working across from early years to primary to secondary, FE and adult education.

We offer activities including:

-  environmental art and crafts
-  bush craft
-  campfire cooking and foraging
-  mindfulness in nature

Positive staff wellbeing is an essential part of cultivating a mentally healthy school. Staff demonstrate greater motivation, higher levels of performance and job satisfaction, reduced absence and an increase in productivity and staff engagement.

Case Studies

- 🍂 75% of all education staff have faced physical or mental health issues in the last two years because of their work and 53% have considered leaving as a result.
- 🍂 Almost one in five (19%) said they had experienced panic attacks
- 🍂 Over half (56%) had suffered from insomnia and difficulties sleeping
- 🍂 Over a third (41%) had experienced difficulty concentrating



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Inside Out Woodland Wellbeing Days present an opportunity to play a central role in strengthening the mental wellbeing of your workforce, with the benefits of better sleep and greater relaxation, improving physical and social wellbeing.

Bespoke packages are available on request.

Hot and cold drinks, lunch and snacks provided.

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Pricing

Our events/sessions are competitively priced. Our rates include materials, tools and lunch. Subsidies available for block bookings.

- 🍂 Full day session (5 hrs) £50 per person
- 🍂 Half day session (2hrs) £30 per person



Contact Us

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