

# How to Get the Best from our programmes

## Teacher inset training outline



VisionWorks teaching programmes equip young people with the self-awareness and skills to make more positive choices about their learning.

Completely aligned with SEAL, our programmes are written by teachers for teachers and based on the same 5 key domains of Emotional Intelligence. Teaching students to recognise how their behaviour is driven by their emotions, we show them how to exercise the power of positive choice in that process.

<b>My World</b>	emotional literacy for KS2
<b>It's OK Being Me</b>	emotional literacy for KS3
<b>Discovering Me</b>	emotional literacy for units outside mainstream education
<b>Insight Series</b>	short programmes for KS3

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# Teacher Inset Training

## How to Get the Best from our programmes on Emotional Intelligence



You may have purchased and implemented one of these innovative programmes and been using it for a while. Here is a golden opportunity to ensure that your investment is reaping all the rewards you hoped for, as widely as possible within the school. The training will be delivered by one of the authors of the programme, someone who has lived and breathed it, with all the enthusiasm that embodies and inspires.

### Aims of the Training:

1. To deepen understanding of the main principles of 'Emotional Intelligence'
2. To see how an understanding of EI can help implement successful learning behaviour
3. To address questions or issues which have developed from using **My World, It's Okay Being Me** or **Discovering Me**.
4. To help us be aware of our own emotions and the effect of our emotional state of mind on our teaching
5. To share good practice from experiences of using **My World, It's Okay Being Me** or **Discovering Me**.

This is a workshop-style event, combining group discussion with individual, pair and group exercises.

### Outcomes for teachers:

- Draw creatively on experience to use **My World, It's Okay Being Me** and **Discovering Me** confidently and enthusiastically
- Apply theory critically to analyse professional experience and continuing development
- Use a self-reflective approach to devising, developing and delivering emotionally successful classrooms
- Use a self-reflective approach to developing emotionally intelligent teams and supporting colleagues.

### Outcomes for schools:

- Build on investment in **My World, It's Okay Being Me** and **Discovering Me**
- Support staff in developing outstanding teaching and learning.