

# The Get Happier School Online Training Series

## A welcome note for all Educators

***Dear Educators, thank you for the difference. you make in the lives of young people everyday!***

The online training series you are about to begin is designed to be practical, direct and real. You will not be exposed to high pressure and hype. The messages are often subtle and individual, and require an attentive, relaxed and focused state of mind.

As such, it is very important that before the video begins, you consciously create a relaxed and open state of mind in order to maximise your levels of awareness. You may wish to close your eyes and take few deep breaths before you start.

Consciously switch off any negative thoughts or worries (and your phones!) and focus fully on the video.

The discussion activities will provide a mental break and an opportunity to get some practical ideas from each other.

Remind yourself; ***'nothing in life is more important than getting happier'*** and, ***'my personal wellbeing is the key to a happy classroom'***.

At the end of each session, don't forget to write your personal wellbeing plan on the back page of the workbook.

Have fun!

Ivan Honey.

