

12 January 2021

Dear Parent/Carers and Students

Well-Being and Learning Skills Webinars January through to March

We wanted to let you know about some exciting and innovative webinars designed to support well-being and learning skills. Andrew from Action Your Potential, an innovative company supporting our work, are running webinars for all of our families during January, February and March.

Please find details below. Action Your Potential's mission is to help everyone in our school community to become a #NeuroNinja, someone who lives inside their amazing brain knowing how it works so they can make the best out of it every day.

These free webinars focus on practical, everyday habits to transform our relationship with ourselves, each other, our learning and our well-being. Being a #NeuroNinja means understanding your brain and mind and using that understanding to change your life.

To sign up, please use this link https://us02web.zoom.us/webinar/register/WN_pNI6pxQJSkGPTrZ_5BoEaw

Here's Andrew from Action Your Potential [describing the series of webinars](#).

Please find overleaf the schedule and a description of the webinars.

With very best wishes.

Yours faithfully.



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Date & Time	Session Title
Thu 21 Jan 7 – 7:30pm	<p>1: How Can I Have A Better Day Every Day? <i>In this webinar we'll look at the 15 Ways to have better learning days in which we look at how to balance learning, well-being & mental health every day working with the grain of our amazing brain</i></p>
Thu 28 Jan 7 – 7:30pm	<p>2: Why Don't I Get Stuff Done & How To Be More Productive Every Day? <i>Why does our to do list not get done? Why do we waste so much time every day? In this webinar we'll look at why the brain tries to avoid doing things we don't want to do and how we can work it to get tasks done and fun in every day</i></p>
Thu 4 Feb 7 – 7:30pm	<p>3: De-Motivated, Feeling Meh? – How Can I Help Myself Every Day? <i>Why do I feel meh today? Why can I never follow through with a habit change? In this webinar we'll look at how to think about and manage our brains to build habits that support getting on with it</i></p>
Thu 11 Feb 7 – 7:30pm	<p>4: Why Is My Memory So Rubbish & What Can I Do About That? <i>Why is my memory so bad? Why can't I remember what we learnt yesterday? In this webinar we'll look at how to get the most out of your brain's incredible memory.</i></p>
Thu 18 Feb 7: - 7:30pm	<p>5: If I Am Stuck With My Learning What Can I Do? <i>What should I do when I am stuck in my learning? How can I help myself? In this webinar we'll look at how what you can do to get unstuck every day</i></p>
Thu 25 Feb 7 – 7:30pm	<p>6: Why Am I So Unkind To Myself & What Can I Do About It? <i>What does failure hurt so much? Why am I so unkind to myself when things go wrong? In this webinar we'll look at how our brain talks to itself and how to listen and respond, rather than believe every thought, get upset & react.</i></p>
Thu 4 Mar 7 – 7:30pm	<p>7: How Can I Bounce-Back From A Set-Back? <i>When life gives you lemons how can you reliably make lemonade? In this webinar we'll look at how you can use set-backs to accelerate growth, learning and improvement</i></p>
Thu 11 Mar 7 – 7:30pm	<p>8: Why Am I So Moody & How Can I Help Myself Every Day? <i>Why do I get stuck in a bad mood? Why do I moan all the time? In this webinar we'll look at what moods are and what to do about them?</i></p>
Thu 18 Mar – 7 -7:30pm	<p>9: How Can I Challenge Myself Without Upsetting Myself? <i>How do I feel the fear of a challenging goal and do it anyway? In this webinar we'll look at how to use desirable difficulties to change our brain every day.</i></p>
Thu 25 Mar – 7 - 7:30pm	<p>10: How Can I Improve Everyday & Enjoy My Life? <i>Why is everything easier said than done? Why is everything harder than I thought it was going to be? In this webinar we'll look at how to use the three #NeuroNinja I's to transform our approach to personal learning and growth.</i></p>