

Build resilience for a thriving school

Evidence-led training to build psychological flexibility, prevent burnout, support retention, and improve classroom climate.

The challenge

Schools are dealing with rising workload, behaviour complexity and inspection pressure.

Staff feel stretched, reactive and close to burnout. Psychological flexibility training helps people stay steady, act on values, and manage difficult thoughts and emotions so they can respond with clarity during demanding moments.

The approach

Hazel delivers practical, evidence-based training grounded in psychological flexibility and coaching psychology. Sessions blend reflection, conversation and simple, usable tools.

Content is designed for real school pressures, helping staff reduce stress spikes, navigate scrutiny, and build sustainable habits that strengthen whole-school resilience and daily classroom practice.

What we explore

Training is tailored for your setting, combining reflective space with practical strategies.

- ✓ **Noticing, Naming & Navigating** uncomfortable thoughts and emotions in real time
- ✓ **Values-led action** when you're tired, busy, or under scrutiny
- ✓ **Tiny habits, big impact:** 2-minute tools that stick
- ✓ **Personal toolkit:** self-coaching questions that help prevent burnout

What's included

Everything needed for a high-impact session.

- ✓ Pre-session planning call
- ✓ 90–180 minute in-person workshop
- ✓ Reflection activities and practical tools
- ✓ Slides and take-away resources
- ✓ Optional follow-up conversation to maintain momentum



Why work with me

I've spent years delivering resilience and performance programmes across the NHS and emergency services, now I'm translating high-pressure psychology into simple tools schools can actually use. Expect evidence-based practice, zero fluff, and immediate application.

This training supports your commitments under the DfE Education Staff Wellbeing Charter and aligns with NICE NG223 recommendations on whole-school mental health approaches. Content is grounded in Acceptance & Commitment Therapy and coaching psychology, adapted for real-world school contexts.

How to work with me

Choose one or combine elements of both.

Senior Leaders: High-Impact Masterclass	INSET for Teachers & Support Staff
Lead with resilience, build psychologically flexible teams, shape a wellbeing-first culture, and make the DfE Wellbeing Charter live.	Hands-on, science-backed techniques staff can use tomorrow in class, on corridors, and at home.
90 – 120 minutes	60 – 120 minutes

Investment: £750

Benefits for your team

The sessions are designed to strengthen whole-school resilience.

- ✓ Fewer stress spikes and quicker recovery
- ✓ Calmer, more consistent responses
- ✓ Greater clarity and focus
- ✓ Stronger morale and intention to stay
- ✓ More values-led decision-making

Benefits for your school

- ✓ **Less stress, more steadiness:** practical strategies to defuse from difficult thoughts and emotions in the moment.
- ✓ **Clear values, better decisions:** align daily actions with school and personal values, especially under pressure.
- ✓ **Stronger classroom climate:** tools to respond (not react), improving relationships and behaviour.
- ✓ **Retention & readiness:** a resilient culture that supports workload, inspection readiness and pupil outcomes.

Get in touch

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