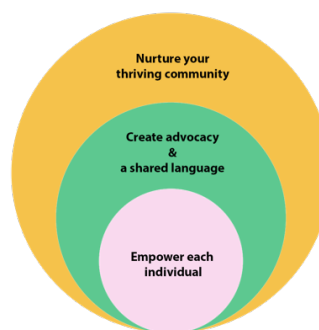


*Welcome, your journey starts here!*

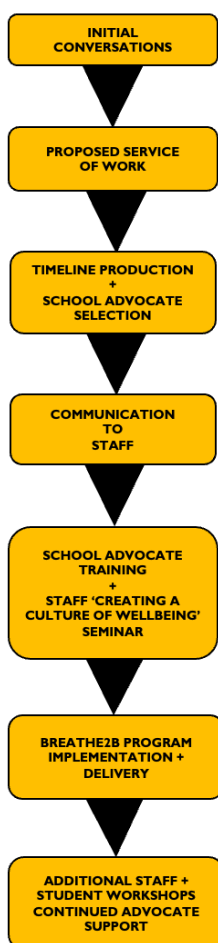
Breathe2B is an organisation focused on providing empowering wellbeing curriculum, staff training and resources for teachers and students to build upon their unique strengths to achieve their community's vision of wellness.

**Our Services:**

- Wellbeing curriculum & resources
- Staff advocate training (PD)
- Implementation support
- Staff and student wellbeing workshops
- Small group and 1-2-1 coaching



*Breathe2B Wellbeing Framework*



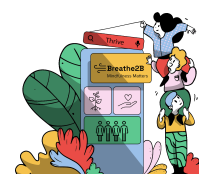
**Our Method:**

The Breathe2B wellbeing program is delivered across 10 unique sessions. Each session aligns with **ACARA** (*HPE: Food and Wellbeing Curriculum and General Capabilities: Personal and Social Learning Continuum*) and the **PERMAV Positive Psychology** model for flourishing.

The key difference between Breathe2B and other providers, is that we empower your staff with the necessary skills to facilitate culture change. We will partner with your school to professionally develop staff advocates onsite over a 2-day period with the skillset to deliver the 10-session program, our training is mapped to **ATSIL Standards for Teachers**. At Breathe2B we understand that teachers who are often tasked with designing and facilitating student wellbeing programs, may have a variety of level of skill in this remit. **Our trainers are registered teachers, ICF coaches and psychologists with decades of experience.**

Alongside the advocate training, Breathe2B will run a full staff **'Creating a culture of wellbeing' seminar**. To embed knowledge and a shared language of wellbeing within your staff community, further to this highlighting the professional development of your internal staff advocates. **The advocates will be mentored throughout the process of implementation and roll-out of the program.** Each month Breathe2B hosts an **'Advocate Campfire Webinar'** where teachers from different schools unite to discuss the topic of the month.

Further to this additional workshops and training can be delivered onsite to staff and to your student cohorts (see page 3).




**Program Purpose:**

The foundations of the program focus on changing the culture of how teens interact by exploring **respectful relationship's**, emotional regulation, gratitude, compassion and learning to respond rather than react. The Breathe2B curriculum combines the practices of **mindfulness, breathing techniques, theory, neuroscience and discussion** into a manageable 10 session course.

Our curriculum includes visually appealing **presentations, videos, audio recordings, structured lesson plans, scripts for practices, student worksheets** and much more. Each advocate will be enrolled into our 'Hub' and have direct access to all the curriculum resources and materials.



The Breathe2B approach to mental health and resilience is based upon the latest research into the **science of wellbeing**.

- Resilience
  - Emotional Regulation
  - Awareness
  - Gratitude
  - Empathy
  - Compassion
  - Clarity
  - Kindness
- 

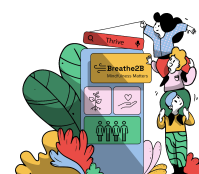
Positive psychology is based on the fundamental insight that **promoting mental health is not the same as treating mental illness**. Getting rid of what we don't want in our lives does not automatically bring what we do want.

We need to intentionally learn optimism and **positive behaviour therapies**; this is not just the absence of the negative. We break down our most difficult thoughts and learn strategies to not just treat catastrophisation, we learn practices, techniques and ways of thinking to **prevent** this from occurring.

Through the process of social-emotional learning (SEL) students develop:

- Self-awareness
- Self-control
- Interpersonal skills

All of which are important for school, work and life outcomes; social-emotional competence helps students cope with everyday challenges and improves learning and wellbeing.



Staff & Student Workshops

Our evidence based 'Off-the-Shelf' Breathe2B workshops are designed to motivate, educate, and inspire. Each workshop topic runs for approximately 90-minutes, these can be adjusted to suit timetabling. The workshop themes are applicable for both staff and student audiences. The content and language of each is aligned to the demographic.

**Current Workshop Topics:**

- Bite-sized Mindfulness
- Coping with Life Online
- High Performing Teens
- Methods to Self-Mastery
- Cultivating Personal Resilience
- An Attitude of Gratitude
- Step-up to Student leadership

*Additional workshops can be stacked together to meet your school programming needs.*

**Further to this school will receive:**

- Workshop participants receive a toolkit of resources that align with the chosen workshop to utilise post-session.
- Curriculum mapping documentation is provided for each student workshop
- Email template to send to staff/students/parents
- Staff PD certificates provided for each workshop (*ATSIL Standards*)

**Possible audiences and timings:**

- Student Year Levels
- Pastoral Houses
- Staff Training Days
- Middle Leadership Training
- Student Guest Speaker Sessions
- Mental Health Days
- Drop-down Days

**THE BENEFITS OF MINDFULNESS FOR YOUNG ADULTS...**

<b>GROWING</b> Mindfulness can help young people to achieve their potential and to flourish.	
<b>GROUNDING</b> Mindfulness can help young people to feel grounded, safe and free to choose how they respond.	
<b>LEARNING</b> Mindfulness can help with the attention, concentration, planning, memory, attainment, performance.	
<b>MENTAL HEALTH</b> Mindfulness can help with depression, low mood, stress, anxiety, wellbeing, happiness, and resilience.	
<b>PHYSICAL HEALTH</b> Mindfulness can help with heart rate, blood pressure, cortisol & immunity, eating problems, and sleep quality.	
<b>SOCIAL &amp; EMOTIONAL</b> Mindfulness can help with relationships, self-esteem, optimism, self-regulation, and caring & compassion.	
<b>BEHAVIOUR</b> Mindfulness can help with; self-regulation, impulse delay, oppositional behaviour, aggression, and ADHD.	

Thank you for taking time to consider the wellbeing of your school community, I look forward to connecting with you shortly. If you have any questions, please reach out to me directly to start a conversation.

Yours Sincerely,

*Emanuelle Jones*  
Director and Lead Teacher

