



Yoga, mindfulness & wellbeing for kids and teachers

The connected school - Building team cohesion

What to Expect from This 1-Hour Session

Team building with a difference - This is not another data or curriculum meeting, but a structured, one-hour collaborative reset designed to help us reconnect with our core purposes, our unique classroom strengths, and each other. While teaching is highly rewarding, the systemic pressures of the term can feel overwhelming; this session provides a practical, collaborative space to share what is working, celebrate hidden wins, and actively strengthen our peer support networks using the "Tree of Life" framework. By mapping out our individual expert skills and building collective team cohesion, you will leave this workshop feeling grounded, valued, and re-energised to face the term ahead.

Booking Details:

Duration: 1 Hour (Perfect for a staff meeting, INSET day, or twilight session).

Audience: Whole school staff (Teachers, TAs, SLT, and support staff).

Price: £150 for the whole staff

The Gains:

- Identify your unique core classroom strength to lean on during challenging weeks.
- Safely process a recent professional frustration so you can move forward unburdened.
- Recharge your passion for teaching by reflecting on a recent student breakthrough.
- Reduce feelings of isolation.
- Discover hidden talents, expert skills, and values in colleagues you rarely get to speak with.
- Walk away with collective, practical ideas on how teams can protect each other from burnout during high-stress terms.



Build Connection