

# STAFF'S EMOTIONAL WELLBEING

At Innovating Minds we believe that it is just as **important to support everyone's mental health**, especially those that work with our young people.

At Hart Hill Nursery we support staff's mental health and emotional wellbeing. We do not work directly with children or parents. We engaged with 14 educational staff at the nursery, and delivered 11 sessions.

£3,850 invested. We achieved £13,032 social value by **improving staff confidence and self-esteem**, their ability to manage and recognise stress, creating healthier relationships at school and home, to **manage anxiety and depression**, to develop assertiveness skills and problem solving skills, and increasing their use of mindfulness.



**11**   
Sessions delivered

 =   
£1 of funding =  
**£3.39**  
Social Return on Investment.

*Supervision has really supported me to look at situations differently and helped me to think about early intervention and the wider picture*

*I wish I had found Innovating Minds sooner.*  
Tricia Penefeld, Head Teacher

*It has helped me to recognise my stress levels and how to recognise when situations need to be dealt with rather than let problems build up.*

**14**   
Staff reached

*At first I was hesitant to partake as the sessions took me away from class and children's learning but as the months went by it was great to embrace the moment and have time to talk and share solutions to problems together without being pressured or rushed. It has also impacted in a good way at home. My wellbeing has increased therefore I am better equipped and ready to work / support my team and child in the work place.*

*Each session was super. I came out with a clearer head and a better wellbeing, just for having the conversation.*

