**Chimp Promo info for Heads Up…**

**MORE PLACES AVAILABLE… FUNDED CPD for schools – Chimp Management: Mind Management Skills for Life Programme**



We are delighted to confirm that, due to popular demand, we will be funding 2 more cohorts of the Chimp Management: Mind Management Skills for Life programme.

The programme is a tailor-made ‘CPD accredited’ online course that enables you to enhance your resilience, improve your communication skills, establish more productive relationships and gain insight into your mind, using The Chimp Model.

The programme provides practical support to understand The Chimp Model and to **help improve individual mental and psychological well-being**; is research based and has been developed by Professor Steve Peters (author of The Chimp Paradox).   It explains and simplifies the neuroscience of the mind, helping participants to understand how their mind works, offering practical guidance and helping individuals better manage their mind.

**There will be a cohort for staff from maintained schools and another specifically from colleagues from our special schools. Both cohorts will commence in March 2022 and will be FULLY FUNDED by Warwickshire LA (RRP £400pp) for Warwickshire school staff.**

**The programme has been designed to:**

* Bring insight and awareness into how the mind works; through teaching about the neuroscience of the mind.
* Help participants apply this understanding of the mind, so they can manage their mind in a way that can optimise their quality of life.
* Bring insight into the way in which their mind is working and relate this to thoughts, behaviours and emotions
* Develop an emotional skills base to apply to their professional and personal lives
* Build confidence and self-esteem
* Approach personal and professional lives in a constructive and realistic way and improve morale
* Aid understanding of the way in which the mind of others works and use this to improve human interaction
* Develop skills to improve personal happiness, peace of mind, create a sense of purpose and belonging
* Prevent, remove or manage stress from perceived difficult situations both personally and professionally

All participants will also receive a **COMPLIMENTARY COPY OF PROFESSOR STEVE PETERS LATEST BOOK ‘**[**A PATH THROUGH THE JUNGLE’**](https://chimpmanagement.com/books-by-professor-steve-peters/a-path-through-the-jungle/).

**For more information please see the** [**programme flyer**](https://gatewayalliance.co.uk/wp-content/uploads/2021/11/Mind-Management-Skills-for-Life.pdf) **or watch this** [**short video**](https://vimeo.com/486787308/bd2b39c660) **from Professor Steve Peters.**

**Gateway Alliance have worked in partnership with Chimp Management to trial the programme with schools and this is some of the feedback received:**

*“It has enabled me to understand people's reactions to situations, especially children’s, and deal with situations on a human level.”*

*“I have become more aware of myself and my own reactions & how I come across to others.  And of course I now have a greater understanding of other people's behaviour.”*

*“I think the most helpful and amazing thing has been the truths and values on my stone of life. I am still working at focusing on these, but they have already helped me to genuinely stop worrying about the things that I cannot change. This is something that for the last 30 years I have really struggled with, so this has felt like a real breakthrough for me.”*

*“Working with some challenging children has enabled me to think deeper in what I want an outcome to be rather than just jump straight in.”*

 *“I have been able to Identify the Chimp in me and it has been amazing for me personally to be able to notice a change in my thinking on a daily basis.”*

*“I have found the Skills for Life sessions both informative and highly engaging. It has given me time for personal reflection, and I am very mindful of my Chimp's responses! I also feel less self-critical and more accepting of myself/life. I have built in time first thing in the morning where I think through my day and potential 'situations' which could occur and reflect on these. I have found this to be very positive.”*

**SUMMARY**

**What?**

8 online workshops, delivered via Zoom.

**When?**

|  |  |
| --- | --- |
| **Mainstream cohort 2 (3:30-5:30)** | **Special schools’ cohort (3:45-5:45)** |
| Tues 8th MarchWeds 23rd MarchThurs 7th AprilWeds 11th MayWeds 25th MayWeds 15th JuneTues 28th JuneTues 12th July | Thurs 17th MarchThurs 31st MarchMon 25th AprilThurs 12th MayThurs 26th MayMon 6th JuneThurs 23rd JuneThurs 7th July |

Sessions will NOT be recorded and we would ask that participants are able to commit to all 8 sessions.

**Who?**

This programme is for teachers or support staff working in all Warwickshire schools. We would recommend that 2 members of staff from a school should attend. Places will initially be limited to a maximum of 2 people per school.

**Cost?**

The programme is being funded for Warwickshire schools by Warwickshire County Council (RRP £400pp).

**ACTION:** To apply to join the programme please [complete this form](https://forms.gle/WV9A6Vy52jxkjrUb7). Places are limited and will be offered on a first come first served basis.

This programme is being organised by the Gateway Alliance.

**For more information, please contact Helen Martin on** **martin.h@welearn365.com****.**