

## PSHE and Emotional Wellbeing Talks for Secondary Schools



### ABOUT ME

I've been working with young people in both formal and informal education settings for over twenty-five years and am passionate about helping students to make informed and empowered decisions so they can live safe, happy and productive lives.

My qualifications include a First Class Honours degree and a Postgraduate Diploma with Distinction, and I gained Qualified Teacher Status in 2006 going on to teach at Barking Abbey School for seven years as a PSHE specialist. I held the role of Head of the PSHE and Personal Development, as well as being the Gifted and Talented Lead. I was repeatedly judged to be a Good or Outstanding teacher at school-level, local authority, and Ofsted observations. I also have a particular interest in creating meaningful learning opportunities for students with additional needs.

I've been delivering freelance secondary PSHE talks since 2011 and over that time have built a library of well-resourced talks. I also create new talks on a regular basis to meet the needs of individual schools and help them to address gaps in their PSHE provision or tackle particular issues arising within year groups.

When I'm not visiting schools delivering PSHE talks I work as a qualified coach specializing in confidence and self-esteem. I'm also a secondary School Governor, a TEDx speaker and the author of the bestselling body confidence book "How to Feel Beautiful".

### ABOUT MY TALKS

Students always learn best when they are engaged and involved, but this isn't always their experience with visiting speakers. This is why my talks, assemblies and workshops include plenty of opportunity for student interaction including quizzes and games, as well as questions throughout. My talks are thoroughly researched, and the focus is always on how students can apply the topic to their own lives.

I strive to balance professionalism with humour to ensure students enjoy my visits. I'm confident in ensuring students remain attentive and I maintain high expectations of all students during my talks which can be especially important when covering sensitive or controversial topics. I finish every talk by sign-posting students to "next steps" options for those who feel affected in some way by the topics covered.

### FEEDBACK

"Lizi has been a key contributor to PSHE provision at Bancroft's School since 2011. During that time she has delivered very effective sessions on a wide range of topics. Such is the quality of her presentations that she has been commissioned by us to create a number of bespoke sessions on sensitive issues that require careful handling. She has always delivered, and has received consistently good feedback from both staff and students.

Her engaging manner has had a very positive impact on the students who feel comfortable and confident asking her questions. She has been thoroughly professional in preparing and delivering PSHE and I would happily recommend her."

(Rev. Ivan Moore, former Head of PSHE, Bancroft's School)

### CONTACT ME

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as seen in:





## CURRENT TALKS:

Suitable for Key Stages 3 & 4. Please contact me if you'd like to discuss which talks would be best suited to your students. All talks last 30-40 minutes depending on your requirements.

### RATES

- £200** to deliver a year group talk from current list\*
- £300** to create & deliver a new year group talk\*
- £1400** to deliver a full school day of in-house confidence coaching\*
- £400** to deliver a two-hour parent workshop\* (up to 15 participants, supplement applies for bigger groups)

\*Additional travel costs may apply dependent on location, please enquire for details

Is there a talk you'd like me to cover that's not currently listed? Perhaps there's an issue specific to your students that you'd like to discuss? New talks can be written to meet your requirements.

Some talks can also be adapted for KS2.

### EMOTIONAL WELLBEING

- Being Body Confident
- Becoming my Best Possible Self
- What Makes Us Happy?
- Practising Gratitude
- Finding Your Flow
- How Are Your Motivated?
- Coping With Stress

### PHYSICAL WELLBEING

- Legal and Illegal Drugs
- Illegal Drugs and their Consequences
- Binge Drinking
- Sexually Transmitted Infections
- Contraception Choices

### STAYING SAFE ONLINE

- Online Perfection
- Who to Trust Online
- Cyberbullying
- The Truth about Pornography

### THE RULES THAT PROTECT US

- Consumer Rights
- Employment Rights
- Criminal Justice System
- How Laws Are Made
- How Britain Is Governed

### SOCIAL AWARENESS

- Bias in the Media
- Ethical Fashion
- Modern Slavery
- Understanding Autism

### OTHER SERVICES FOR SCHOOLS

- In-house Confidence Coaching
  - One-to-one solution-focused coaching for staff and/or students to support with confidence; self-esteem; body image; decision-making; goal-setting and more.
- Workshops for Parents
  - How to Talk to Your Kids About Pornography
  - How to Help Your Kids Be Body Confident

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