

MTS Parent Wellbeing Programme 2022

Dear Parents,

I am writing to advertise some parental wellbeing events that will be happening over the coming months. These events not only supplement a lot of the work that is done to support your son at MTS but may also be useful to you in relation to your own, personal, wellbeing. We are looking to develop this programme further in the future to provide a wide range of wellbeing experiences for parents at the school.

Virtual Wellbeing Lecture (Wednesday 2nd February 2022 7pm-8pm)

I am delighted to invite Dr Andrea and Jonathan Taylor-Cummings back to host a 1 hour seminar on *“Supporting people in achieving a better work/life balance by building stronger relationships at work and at home.”*

Dr and Mr Taylor-Cummings are great supporters of the school and are hugely successful TEDx speakers. Their [TEDx talk on The 4 Habits of ALL Successful Relationships](#) continues to resonate around the world and now has over 2.3 million views. Their book of the same name is proving equally popular: <https://the4habits.com/book/>.

Their talk focuses on helping individuals take personal responsibility for changing their behaviours from habits that damage relationships to habits that strengthen them. This seems particularly important in these challenging times. They are also parents of MTS.

Please use the following link to register for this event:

<https://us06web.zoom.us/meeting/register/tZwpfuChqjksGdcgYpwRrM6o-YpDmVAbLyvJ>

Coaching for Parents (in person)

Coaching provides tools and resources to increase personal awareness, confidence, fulfilment and self-sufficiency. Coaching has played a significant role at MTS for some time and is firmly incorporated into many of the pastoral and academic systems at the school. As a result, we would like parents to have the opportunity to learn about Coaching and the positive benefits it can bring as an empowering communication and development technique.

A series of three evenings will be run by 'in-house' experts and will take place in person at the school. As this will be the first time that we are running such a course, numbers are limited and there will be a small fee. The dates are as follows:

Wednesday 19th January 2022 (6-8pm): *Introduction to Coaching* (Laura Smith and Sally Hale)

Wednesday 2nd March 2022 (6-8pm): *Intermediate Coaching* (Laura Smith and Sally Hale)

Wednesday 16th March 2022 (6-8pm): *Advanced Coaching* (Laura Smith and Sally Hale)

Please use the following link to register for this event:

https://forms.office.com/Pages/ResponsePage.aspx?id=gyzZh-C_iUWLmUc-DNv-tsoRN3XZWnpIvpsQ6X5G62pUN0pCVUdIODYwMFpFRzZTM1ZON1ZDMzIGOC4u

On top of these, Pamela Llewellyn (the School Counsellor), James Fields (the School Chaplain), Andy Bruce (the School's Strength and Conditioning Coach) and I will continue to present wellbeing-themed information at appropriate in-house parental events throughout the academic year.



Tristan Greenaway
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