

Social • Emotional • Mental Health

# FREE ↻ WELLBEING SESSIONS



**Fully funded delivery to students by creators of the 5-day national Mindset & Mindfulness Prince's Trust Programme, Smart Work's Women's Trustee, Coach & Mentor Level 5.**

## Delivered at your School or College

**During or after the academic day in Feb & March 2025**

**Online sessions or external venues in Birmingham available**



For students aged 14-19:  
Resilience & Confidence Building  
Stress Management  
Goal Setting  
Strength Finding  
100 Free Mindset Diaries & Guidance  
& So much more!

**Additional FREE sessions with Neurodiversity Coach & Breath Work/Mindfulness Coach optional workshops**

**Available Dates on following page**



# LIMITED SPACE AVAILABLE

Reserved on a first come first serve basis • 1 session is typically 1-2 hours

**TO BOOK:**

**[jenna@classofhyde.com](mailto:jenna@classofhyde.com) / 0121 517 0333**

Please state 1) School/College 2) Preferred date & time 4) Number of students

You can book more than one session for a different cohort of pupils, multiple sessions for the same cohort will be on a case by case basis, online available too.

If you would like a Neurodiversity or Breath Work / Mindfulness session *in addition* please state that in your email.

**3rd Feb** AM & PM (All Day)

**4th Feb** AM & PM (All Day)

**10th Feb** AM & PM (All Day)

**11th Feb** AM & PM (All Day)

**12th Feb** AM & PM (All Day)

**13th Feb** AM & PM (All Day)

**14th Feb** AM & PM (All Day)

**17th Feb** 16:00pm (All Day)

**18th Feb** 16:00pm (Onwards)

**19th Feb** 16:00pm (Onwards)

**20th Feb** AM & PM (All Day)

**21st Feb** 16:00pm (Onwards)

**24th Feb** 17:30pm (Onwards)

**27th Feb** 17:30pm (Onwards)

**28th Feb** 17:30pm (Onwards)

**5th March** 17:30pm (Onwards)

**6th March** 17:30pm (Onwards)

**7th March** 17:30pm (Onwards)

**10th March** 17:30pm (Onwards)

**11th March** 17:30pm (Onwards)

**14th March** 17:30pm (Onwards)

**17th March** 17:30pm (Onwards)

**18th March** 17:30pm (Onwards)

**19th March** 17:30pm (Onwards)

**20th March** 17:30pm (Onwards)

**26th March** 17:30pm (Onwards)



**Jenna Hyde**

**Lead Session Facilitator**

- Creator of 5 Day National Mindset Prince's Trust (King's Trust) Programme
- ILM Level 5 Coach & Mentor
- MSc In Psychology of Mental Health & Wellbeing
- Smart Works Young Women's Trustee



**Katie-Marie Lynch**

**Neurodiversity Coach**

Available for additional sessions



**Sophie Rogers**

**Breath Work & Mindfulness Expert**

Available for additional sessions