

Workshop Menu

Nicole Henry · Mental Health Specialist in Education

Workshops for Schools, Students & Families — built around The Child We Miss™ framework

UK & UAE Schools

thenicolehenry.com

Staff Workshops

Practical, framework-led training for teachers, TAs, and pastoral teams — building the skills to see, understand, and respond to every child.

1. Trauma-Informed Classrooms: Reading the Behaviour Beneath the Behaviour

UNDERSTAND · Teachers · TAs · Pastoral Teams · Whole-Staff INSET

Moving staff beyond what they observe to understanding why a child is behaving the way they are — through a trauma-informed, attachment-aware lens applied to real classroom moments.

Attendees will be able to:

- Distinguish between observing behaviour and interpreting it through a trauma-informed lens
 - Recognise behaviour as communication rather than defiance
 - Apply a trauma-informed reframe in the classroom immediately — not just in theory
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2. The Repair Room: Co-Regulation & Recovery After Rupture

RESPOND · Teachers · TAs · Pastoral Teams

Practical strategies for staying regulated in difficult moments and repairing the adult-child relationship after rupture — without burning out in the process.

Attendees will be able to:

- Understand co-regulation and why correction alone doesn't change behaviour
- Use practical repair strategies after difficult or rupturing moments
- Build consistency in their responses without compassion fatigue

Student Workshops

Age-appropriate, engaging sessions delivered directly to students — helping them understand themselves, their emotions, and how to ask for help. All workshops are adapted by key stage.

3. Feelings — It's OK to Talk

SEE · Early Years · KS1 · KS2

Helping young children name and express their feelings safely — through story, breathing, and creative activities — and understand that school is a safe space to talk.

Students will be able to:

- Name different emotions and recognise them in themselves and others
 - Use simple coping tools — breathing, drawing, and talking to a trusted adult
 - Feel safe seeking support in school
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4. Not a Bully, Be a Buddy

RESPOND · KS2 · KS3

What bullying really is, how it feels on both sides, and what it means to be a buddy — building a school culture of kindness and active bystander responsibility.

Students will be able to:

- Define bullying and distinguish it from everyday conflict
 - Understand the emotional impact on those affected
 - Know what to do — and how to be an upstander, not a bystander
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5. Social Media & Self-Worth

UNDERSTAND · KS3 · KS4

The real relationship between screen time, comparison culture, and self-worth — and how to build an identity that doesn't depend on likes and followers.

Students will be able to:

- Understand how social media shapes self-perception
- Recognise comparison patterns and their emotional impact
- Build strategies for a healthier, more intentional relationship with social media

6. Self-Esteem & Body Image

UNDERSTAND · KS3 · KS4 · KS5

How we see ourselves, how we think others see us, and how to build genuine self-worth — through self-love strategies, reflection, and practical activities.

Students will be able to:

- Understand the link between body image and self-esteem
 - Challenge negative self-perception with practical tools
 - Leave with at least one daily self-worth strategy to use immediately
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7. Thriving Families (Coming Soon)

SUSTAIN · Parents & Carers · Workplace Teams

Building emotional resilience at home — supporting children's mental health while managing the pressures of work and family life. Available as a school-hosted parent workshop or a workplace wellbeing session. Enquire now to register your interest.

Tailored Workshops

Every school is different. If none of the above quite fits your context, Nicole works directly with school leaders to design bespoke sessions around your specific student body, staff needs, and THRIVE Audit results.

[Get in touch to start the conversation.](#)

Booking

All workshops are available as standalone sessions or combined into a tailored training day.

Formats

Half-day or full-day

In-person (UAE & UK) or virtual

Audiences

Teaching staff · Students · Parents · Mixed

How to book

thenicolehenry.com/contact

hello@thenicolehenry.com

Nicole responds to all enquiries within 48 hours.

[Book Now](#)

Let's build something that works
for your school.

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Get in Touch