

HIP STATS:

AUGUST 2019-MARCH 2020

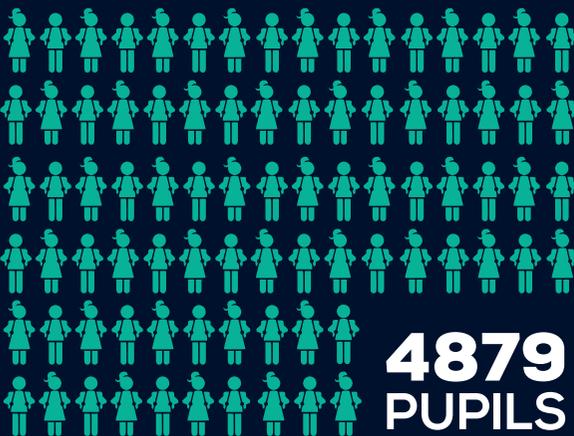
98 WORKSHOPS



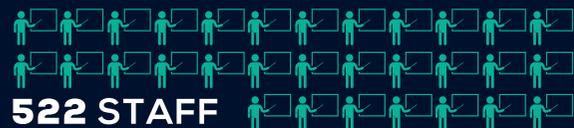
60 SCHOOLS



4879 PUPILS



522 STAFF



165 PARENTS



 @HIPCV15

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At **HIP**, we deliver highly engaging and fun workshops to pupils, parents and staff within the area of well-being. We do this by incorporating evidence-based strategies that allow them to develop the tools to proactively manage the main school stressors.

ANTI-BULLYING:



We teach pupils how to recognise bullying and the hurt that can be caused when using the term falsely. Pupils will leave the workshop with a stronger sense of empathy, recognising the impact their behaviour can have on others. Our session includes:

What bullying is and what bullying is not

Different types of bullying

Steps to overcome bullying

The impact our behaviour can have on others

Agree to disagree

DEVELOPING RESILIENCE:



We explore the theme of 'release your human hero.' We teach pupils evidence-based strategies that will help them to enhance resilience. The themes of the sessions are as follows:

Develop Optimism

Be Kind

Deal With Setbacks

Embrace Challenges

Build Each Other Up

PARENTAL EVENINGS:



HIP delivers highly popular parental sessions. These workshops arm parents with the knowledge and tools to help their children increase resilience levels and their ability to excel with pressure. We find that parental evenings combined with pupil sessions have a powerful impact on participants.

STAFF DEVELOPMENT:



As with all our sessions, we take an evidence-based and fun approach to our staff workshops. These sessions are delivered during staff days and twilights. The main areas we cover include:

Stress Management

Leadership

Resilience

Team work

Growth Mindset

PRINCIPAL THOUGHTS:

"Excellent and inspiring workshops that are always pitched at the appropriate level. Our pupils, staff and parents have all benefitted hugely from the different sessions that HIP has delivered."

Mrs Rhonda Moles, Principal, Cumran Ps, Clough

"The HIP program was absolutely fantastic, with pupils and parents raving about the opportunity. All participants left with practical, takeaway strategies that will make a real difference to their ability to deal with pressure."

Mrs Cathy Hunter, Principal, St Comgall's Ps, Bangor.

"We found our experiences with HIP to be very successful. The workshops were very motivational and our children both enjoyed and got huge benefits from them."

Mr Derek Harkness, Principal, Carrs Glen Ps, Belfast

"HIP have worked with our pupils, staff and parents. Their sessions are highly engaging with strong, robust messages delivered. I have found the workshops to have long lasting benefits. I would 100% recommend HIP to other schools."

Mr Mark McGrath, Principal St Patrick's Ps, Saul.

"After our anti-bullying work with HIP, we now have a group of children who are aware of their behaviour and how this impacts the lives of others."

Mrs Patricia Murtagh, Principal, Hazelwood Integrated Ps, Belfast.

"We had HIP deliver to us as part of our staff development. The content style and delivery had all engaged throughout. I found the session to be extremely beneficial with staff feedback mirroring this."

Mrs Sharon Lamont MBE, Principal, Millburn Ps, Coleraine.

EXCELLING WITH PRESSURE:



Within this workshop, we teach pupils robust skills from the world of performance psychology to help them excel with pressure. Whilst this session is extremely popular pre-transfer time, it is highly relevant and inclusive to all pupils. We explore the pressures of tests, sport, music, drama and moving school. The session gives pupils the tools to:

Enhance Confidence

Maintain Emotional Control

Stay In The Moment

Think Clearly Under Pressure

Challenge Irrational Thinking