



Become our wellbeing partner and benefit from:

- Termly workshops for pupils
- Termly staff wellbeing sessions
- Compliance with the Ofsted/Estyn frameworks
- Continuous support or start by booking a single workshop.

Inspired Wellbeing for Schools



"It has been awesome! Thank you."

Debbie Eccles, Headmistress, Victoria School Wrexham

"It was a brilliant day enjoyed by all. We will definitely be recommending you to other schools"

Hannah Gee, PE Co-ordinator, Warrington

"He always disengages, but he took part in the entire Hoola Nation session. Amazing."

Lisa Hayward, Teacher, Cheshire



Developing resilient and confident individuals through mental and physical health workshops in a fun, interactive and engaging way.



TO BOOK OR FOR MORE INFORMATION CONTACT:

info@hoolanation.co.uk
07841 261 582

About

If your school is about inspiring mental, emotional and physical health in a fun, interactive, engaging way, then Hoola Nation workshops are for you.

We've worked with hundreds of schools over the past 10 years. We promote positive health messages to help develop happy, resilient and engaged pupils and staff through an exciting programme of physical and mental wellbeing workshops.

We always aim to:

- Deliver exceptional quality and service
- Provide a team of friendly, experienced and professional instructors
- Motivate students towards improved physical and mental wellbeing

All of our team hold a current DBS check certificate and the company has Public Liability Insurance.



Our founding director, Sasha Kenney has been serving school communities for over 10 years. As a mother of two children, and a teacher and lecturer herself, she understands the needs of both children and teachers. As a workplace wellbeing consultant, she also has a good overall picture of people's wellbeing needs for life. Sasha is a qualified fitness instructor, resilience coach, nutritionist and an NLP practitioner.

"My vision is to keep people well and at the top of their game, one school at a time" - Sasha Kenney.



Stress & Resilience – time to act!

Supporting pupils and staff

Building Resilience

Mental Health Workshop

This fantastic hands-on workshop focuses on children's mental health and building mental toughness.

Outcomes:

- Pupils become familiar with the concept of resilience
- Learn the tools to build resilience
- Adopt healthy thinking habits

Hoola Hooping

Fun, Physical Workshop

This popular workshop is very different and accessible to all. Children will learn great new skills, including new tricks and fun routines, which will inspire them to keep active.

Outcomes:

- Rediscover fun, physical activity loved by everyone (even the teachers!)
- Discover tools to deal with stress
- Develop a new skill and a 'can do' attitude

Nutrition with Smoothie Bikes

Eat Well Workshop

Design and pedal your own smoothies. This is a unique, entertaining, environmentally-friendly and very memorable way to learn about healthy eating.

Outcomes:

- Learn the importance of looking after ourselves
- Understand the significance of five-a-day
- Find fun ways to make healthy snacks

Wellbeing for Staff

Feel-good Workshop

Engaging and insightful training sessions provide tools to bolster mental and physical health in teachers and teams.

Outcomes:

- Improve current knowledge of physical and mental health
- Enable positive change for themselves and the pupils
- Be inspired and motivated to take things further

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