

Ricky Du Plessis

Addressing education, care & SEND stress



Webinar / Talk:

Chronic Stress in Education, Care & SEND - Why it Breaks Us & What Helps

FORMAT:

60 minutes, online or in person: about 45 minutes of talk, then 15 minutes of live Q&A. Any audience size.

WHO IT'S FOR:

Schools, colleges, early years settings, care providers and SEND parent support groups: staff, leaders and parents caring for others under pressure that doesn't let up. It works well on an INSET or training day, at a staff wellbeing event, a support-group meeting or a conference slot. No scientific background needed; accessible without being dumbed down.

WHY IT MATTERS TO YOUR ORGANISATION:

In education, care and SEND, the pressure comes from the caring itself. The people you look after can't be paused, and staff and parents can't simply walk away. When staff run on empty, it shows in absence and turnover; when parents do, it shows at home. Every lesson, every act of care and every bit of support a child receives is delivered through an adult, so that adult's capacity matters.

WHAT IT IS (AND ISN'T):

It's an awareness talk, designed to inform and inspire rather than to train. Your staff or members leave understanding their stress differently, with a sense of what they could change, and wanting to know more.

WHAT THE TALK COVERS:

- Why caring stress is different: it can't be reduced or walked away from, so standard advice often falls short
- The biology of stress in plain language: how metabolic health underpins mental resilience
- Why the same pressure breaks one person and builds another: endurance, resilience and anti-fragility
- Why building capacity is a different goal from managing symptoms

WHAT YOUR PEOPLE TAKE AWAY:

- A clear understanding of how chronic stress affects energy, mood, patience and performance
- Recognition that caring stress isn't a personal failing, and that capacity can be built
- The difference between coping with pressure and building the capacity to carry it
- Clear pointers for going further

WHAT'S INCLUDED:

- A tailoring call beforehand, then the live talk and Q&A
- A 14-day catch-up recording, useful for staff on shifts or parents who couldn't make it live
- A promotional blurb and headshot for your internal comms
- A one-page, electronic (PDF) "Where to go next" resource for attendees

WHAT I NEED FROM YOU:

- Online: your platform (for example Teams or Zoom) and a short technical check
- In person: a hall or room with a screen, a microphone for groups over 30, and access 45 minutes beforehand
- A named contact, and promotion of the session to your staff or members

GOOD TO KNOW:

- Parent groups? Yes. The examples are tailored to your audience: staff, families or both.
- Medical advice? No. It's education and lived experience (I'm a SEND parent myself).
- Want to go further? My workshops turn this into practical strategies.

Fees:

See the Education, Care & SEND price list at www.rickyduplessis.co.uk or scan the QR code.

