Ricky Du Plessis

Addressing education, care & SEND stress

Workshop:
Seaworthy - How to Build Resilience & Anti-Fragility Against Chronic Stress

FORMAT:

- Half day: about 3 hours, online or in person; a follow-on for groups who've had the talk/webinar.
- Full day: the complete package, in person (typically 10:00–15:30) or online as two 3-hour sessions.
- Up to 50 people; larger groups and whole-staff sessions by arrangement.

WHO IT'S FOR:

Schools, colleges, early years settings, care providers and SEND parent support groups ready to move from awareness to action. It works well on an INSET or training day, or as a support-group session. 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 and can't simply be removed, so what makes the difference is the capacity to carry it. This workshop gives staff and parents a practical, evidence-informed way to build that capacity, so they can keep showing up for the people who depend on them.

WHAT IT IS (AND ISN'T):

A practical, interactive workshop: education, with time to apply it. It isn't a quick fix or a one-size-fits-all plan. Capacity is built gradually, and the workshop shows each person where to start.

WHAT THE WORKSHOP COVERS:

- Half day: a brief refresher on the talk, then straight into practice
- Full day: the complete talk, built into the interactive sessions
- My Metabolic Health Hierarchy and Five Pillars: the foundations of sustainable improvement
- Group work to choose a personal entry point and one realistic first change, plus a resource list for next steps

WHAT YOUR PEOPLE TAKE AWAY:

- A practical framework for building capacity, not just coping
- Realistic starting points that fit around shifts, timetables and family life
- Their own entry point and first change, chosen in the session
- Ideas and encouragement from others facing the same pressures

WHAT'S INCLUDED:

- A tailoring call beforehand, then the live workshop
- A resource pack (PDF) for every participant
- A 14-day catch-up recording of the session (can be switched off on request)
- A promotional blurb and headshot for your internal comms

WHAT I NEED FROM YOU:

- Online: your platform with breakout rooms (for example Teams or Zoom) and a short technical check
- In person: a hall or room with a screen and tables for group work, 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:

- Haven't had the talk/webinar? Choose the full day. It includes everything.
- 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).

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