



**WE TRAIN**



## A different approach to INSET

Culture Shift were commissioned by East Sussex County Council in 2025 to deliver a Creative Health module of the Wellbeing at Work Public Health programme and in November 2025 we piloted this activity as an INSET session for 60 non-teaching staff at Willingdon School in Eastbourne.

Our training is delivered through active participation in creative activity on an individual and collaborative basis, with a particular focus on creative journaling techniques, facilitated conversation and reflective practice.

*"The training provided us with an opportunity to get together as a support staff body, in a fun and relaxed environment, with activities that made us focus on our wellbeing, instead of always putting everyone else first"*



## This training offer aims to support staff to:

- Reflect and re-energise: providing opportunities to develop ways to support relationships and professional development and improve wellbeing
- Problem-solve: exploring creative, inclusive ways to overcome challenges and issues (dealing with challenging behaviour, negative energy, lack of resources etc)
- Build skills: sharing experience, ideas and techniques for creative activity in the workplace both for individuals and teams.

## A bespoke offer

This training is flexible to meet the specific needs and capacity of a host school.

As a starting point, our standard cost is £800 for up to 3 hours of delivery.

To discuss requirements and further information, contact [info@cultureshift.org.uk](mailto:info@cultureshift.org.uk)



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