



Retune Education

Informative and entertaining workshops
that inspire young people to improve their
mental health through creative outlets

*The integration
of the music
made it really
engaging*

*It gave me
a new outlook on
mental health*

*This would
benefit
all year
groups*

*Creative arts
promote better
wellbeing*

*This talk
is a necessity*

*It was a
refreshing way
to discuss
mental health*

*I now
understand how
to better deal
with problems*

*I particularly
loved how open
with his personal
experience he was*

*I felt understood
and I was therefore
willing to participate*

What We Can Offer

Emotional wellbeing workshops for up to 15 pupils

The events of 2020 have thrust mental health even further into the spotlight. It is more important than ever before for young people (and teachers!) to have strategies up their sleeves to improve mental wellbeing.

Through live performance, open discussion and pupil participation, Retune's wellbeing workshops demonstrate the importance of using creative outlets such as music, art, drama, dance and writing in maintaining wellbeing and building emotional resilience. Retune teaches young people how to unlock their imaginations, inspiring them to pursue their passions and achieve mental harmony in the process. Sometimes we all feel out of tune, and small adjustments can take us back to where we need to be.

In order to meet social distancing requirements and follow government guidance, we are taking every possible measure to ensure the safety of pupils and staff. We stringently follow all advice on distancing, hand washing, mask wearing and restrictions on singing. We will also work with individual schools to satisfy all safety requirements, as we know that each school is different and needs to adapt the guidance in its own way. Please refer to our Risk Assessment for more information.

We have delivered to all ages, from Year 1 to adults, and the presentation has been especially effective for students at 'transitional' stages such as Year 7 and Sixth Form. Workshops can last anywhere between 30 minutes and one hour, depending on timetabling.



🖱 www.retunewellbeing.com

☎ 07739 469321

✉ hello@retunewellbeing.com

Would you like to book a workshop?

Please email hello@retunewellbeing.com to enquire