



# Retune Education

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

The teachers said:

*Really good to  
get children talking  
about mental health  
— thank you!*

*Our children were engaged  
from start to finish.  
I am positive they took  
everything on board.*

*Fitted in so well  
with the PSHE  
Healthy Lifestyle topic.  
Really age related.*

The students said:

*I learned that  
we must look after  
our mental health  
and we can express it  
in many ways*

*Creativity is something  
you can get lost in*

*I learnt not to  
be self-conscious*

*You don't  
have to  
be famous  
to succeed*

# *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.

Though we have delivered for all ages from Year 1 to Sixth Form, the presentation is especially effective with Key Stage Two, as pupils prepare to transition into secondary school. The workshops can last anywhere between 30 minutes and one-hour, depending on school timetabling.



📍 [www.retunewellbeing.com](http://www.retunewellbeing.com)

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## Would you like to book a workshop?

Please email [hello@retunewellbeing.com](mailto:hello@retunewellbeing.com) to enquire