

## Wellbeing Ambassadors – Sixth Form

Wellbeing Ambassadors is a programme funded by Surrey's Emotional Wellbeing and Mental Health Alliance, designed to amplify student voice on whole school wellbeing. The programme empowers young leaders to promote and support wellbeing within their college community through education, activities, events and whole school communication.

For colleges based in Surrey, Eikon provides a free in-person workshop and follow-up resources to support the development of Wellbeing Ambassadors in your setting. For colleges outside Surrey, we provide a cost-effective downloadable resource and video link to complete the training independently.

Designed around the evidence-based framework of the Five Ways to Wellbeing, the training focuses on three areas:

1. Introducing the framework of the Five Ways to Wellbeing to help students explore what wellbeing is, why it's important and how to improve it
2. Clarifying the role of a Wellbeing Ambassador and understanding what support is available, both in and out of college
3. Providing an opportunity to hear student voices about wellbeing priorities in their college and develop ideas for making improvements

With support from a designated member of your staff, the programme aim is to develop Wellbeing Ambassadors who have the knowledge, skills and confidence to initiate and lead activities, campaigns and events that ultimately create a positive, supportive and resilient environment at college.

### What does Eikon provide?

- 2.5 - 3 hour in-person workshop for 12-25 pupils with one of our Eikon facilitators
- Printable workbook, activity handouts and PPT for the training session
- Enamel WOW (Ways of Wellbeing) badges for each Ambassador
- Lesson Plan and Facilitator Guide, for future in-school training
- Post-training support including: feedback and next-steps summary, further resources, review meeting and the opportunity to attend one of our annual Wellbeing Ambassador Conferences.

We are also looking at simple ways to enable networking and sharing of best practice across settings.

### What does your school need to know before committing?

To help the Wellbeing Ambassadors programme work in your college, you will need the full support of the SLT and a named key contact who can help the Wellbeing Ambassadors with:

- maintaining momentum
- identifying and accessing resources and budget
- meeting regularly
- implementing activities, events and presentations throughout the academic year

It is also important to invite appropriate students to attend the training – Eikon can offer advice if needed.