

THE ELSA PROGRAMME

The Emotional Literacy Support Assistant (ELSA) programme is an evidence informed approach to supporting the social, emotional and mental health (SEMH) of children and young people. The nationally recognised programme builds capacity within primary and secondary schools to support SEMH needs through training teaching assistants/learning mentors to develop and deliver individualised support programmes. This enables schools to intervene early when social, emotional or well-being needs are identified, and the setting of targets and progress evaluation allows schools to evidence the impact and response to intervention. ELSA training and reflective group supervision is delivered by experienced Educational Psychologists.

ELSA recognises that children and young people learn better and are happier in school when their emotional needs are met.

EVIDENCE AND IMPACT

The programme has gathered an evidence base through peer review publication of results of analyses, as well as local authority evaluations and reports. It is now available to primary and secondary schools in more than 100 local authorities. Research has shown the **positive impact on: wellbeing, emotional regulation, relationships, resilience, academic attainment, attendance and social skills** of children and young people involved.

COURSE STRUCTURE AND CONTENT

- ❖ **6 full days of training** delivered by two experienced Educational Psychologists, the core curriculum includes:
 - Emotional Literacy, Emotional Awareness and Emotional Regulation
 - Building Resilience and Self-esteem
 - Loss and Bereavement
 - Social and Friendship Skills
 - Facilitation of Active Listening and Reflective Conversations
- ❖ **4 x two-hour supervision** and group learning sessions with an Educational Psychologist (Academic Year 2025-2026, facilitated half-termly).
- ❖ **6 x two-hour supervision** and group learning sessions with an Educational Psychologist (Academic Year 2026-2027, facilitated half-termly).

Ongoing supervision is required following the initial 6 days training to maintain ELSA accreditation and is crucial for ongoing support and professional development. Supervision takes place every half-term for 2 hours, in small groups facilitated by an experienced Educational Psychologist.

COST: £1050 per person – includes the Excellent ELSA Practice Guide, ELSA folder, access to an electronic copy of all the Powerpoints and handouts, ELSA supervision for 2 academic years (10 supervisions in total!).

This is excellent value and is around the cost of 3 EP sessions, often the equivalent of one child being seen by an EP but the ELSA training and supervision package is the equivalent to 9 days of EP contact time.

COURSE DETAILS

Venue

Brownsover Community Centre, Bow Fell, Brownsover, Rugby CV21 1JF

When all training is on a **Tuesday**. **Registration from 9:00**

DAY 1: 16th September 2025, 9.30 – 4:00pm (ELSA Line Managers joining 3:00-4:00pm)

DAY 2: 30th September 2025, 9.30am - 3.30pm

DAY 3: 14th October 2025, 9.30am - 3.30pm

DAY 4: 4th November 2025, 9.30am - 3.30pm

DAY 5: 18th November 2025, 9.30am - 3.30pm

DAY 6: 2nd December 2025, 9.30 – 3.30pm

Attendance at **four** 2-hour supervision sessions over two school terms following the training input. Dates to be decided on training day 6.

Attendance at **six** 2-hour supervision sessions over 2026-2027 academic year. Dates to be decided during the summer term 2026.

To be awarded the ELSA certificate **full** attendance is required at all training and supervision dates. **Please also note that, for ELSAs to retain their ELSA status, they must attend on-going supervision, as per the guidance from the national ELSA Network steering group.**

Please note that registration is from 9.00 - 9.30, with the course starting at 9.30

Refreshments are provided though participants will need to bring their own lunch

COST: £1050 per person

Please ensure you have read the 'ELSA Training Commitment' and 'ELSA Person Specification' documents that accompanies this flyer.

PLACES ARE LIMITED SO PLEASE BOOK EARLY

Primary and Secondary Schools can book here* –



**Due to demand, initially there will be a maximum of two ELSA places per school.*

Any questions / queries, please contact:

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