

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 time-limited 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.

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
 - SMART Target Setting
 - Facilitation of Active Listening and Reflective Conversations
- ❖ **4 x two-hour supervision** and group learning sessions with an Educational Psychologist (Academic Year 2026-2027, facilitated half-termly).
- ❖ **6 x two-hour supervision** and group learning sessions with an Educational Psychologist (Academic Year 2027-2028, 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 Educational Psychologist.

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.

WHAT OUR WARWICKSHIRE ELSAs ARE SAYING:

"I have attended a lot of training but this stood out as the best I have ever attended. I am now excited to start my ELSA journey"

"I found the training overall, but also the principle (and reality!) of half-termly check-ins and supervision, really helpful and productive...it has given my work more structure, which then makes me feel like I have more of an impact"

"This course has been amazing. The people delivering have been interesting, knowledgeable, understanding and so much more. Thank you. This has been the best course I have attended by far"

COURSE DETAILS

Venue: Kings Hill Nurseries, King's Hill Lane, Coventry, CV3 6PS.

When all training is during the Autumn term 2026 on a **Wednesday. Registration from 9:00am.**

Wednesday 23rd September	Day 1	9.30am - 4:00pm (ELSA Line Managers joining 3:00-4:00pm)
Wednesday 7th October	Day 2	9.30am - 3.30pm
Wednesday 21st October	Day 3	9.30am - 3.30pm
Wednesday 11th November	Day 4	9.30am - 3.30pm
Wednesday 25th November	Day 5	9.30am - 3.30pm
Wednesday 9th December	Day 6	9.30am - 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 2027-2028 academic year. Dates to be decided during the summer term 2027.

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: £1150 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!).

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](#) –



Any questions / queries, please contact:
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