

# GARIBALDI SCHOOL, MANSFIELD

We ran a Teacher Workshop for the team at Garibaldi Secondary School. The session was after a school day and spirits were certainly lifted after a rather stressful day!

## Feedback from the team

- *"I walked into the session really annoyed and in a bad mood from the stress of the day. I honestly left feeling like a weight had been lifted from me"*
- *"I've just done some Laughtercise with my year 10s and they loved it! They want it at the start and end of every lesson"*
- *"The session made me feel at ease and I left work in high spirits, rather than overloaded and heavy headed"*
- *"The session helped me shake off the stress of the day and re-set my headspace ready to go home and unwind"*



**Melissa**  
Assistant Head

*"We didn't know quite what to expect from the session, but it blew us away. The session had a huge impact on the morale of the team and it was a joy to listen to the positive feedback after. The team got a great dose of feel-good after a rather stressful couple of weeks. The teachers have also been equipped with a wide range of games and activities to engage students with. It's by far the best team building activity we've ever done"*