



School Connectedness

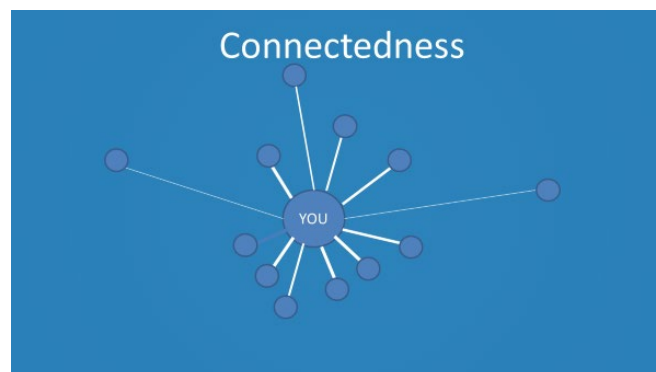
Workshop with Dr Tom Nehmy

22nd March 2019



Take Away Messages

- *School communities are held together by an invisible thread.*
- You are more powerful than you think: remember the MULTIPLIER EFFECT!
- School connectedness is an under-utilised protective factor against anxiety and depression in schools.
- Your 'working alliance' with students and staff is the strength of the rapport, goodwill, value, importance and understanding in the relationship between you and each of your 'connections'.



- Remember, rapport building is not about *liking*, and validating is not the same thing as *agreeing with*.
- The building blocks of rapport:
 - Use emotional labour
 - Be a curious listener
 - Show empathy
 - Ask open questions
 - Validate
 - Use reflections to check for understanding