

Dr Pooky Knightsmith

Improving mental health, one practical idea at a time



Who

Pooky has a PhD from the Institute of Psychiatry, Kings College London, is the former chair of Children and Young People's Mental Health Coalition, the author of several books and educator of thousands through her speaking, online training and youtube videos

Popular topics Pooky has covered include: anxiety, depression, self-harm, eating disorders, trauma, staff wellbeing, autism, ADHD, behaviour and self-esteem

What

How

Pooky translates the latest research and best practice into easy-to-understand, next-day practical ideas. If you book Pooky she'll let you keep and use her slides and arrange 4 weeks' access for your audience to 400+ courses at creativeeducation.co.uk (her family business)

Pooky delivers engaging sessions face-to-face or online with audiences ranging from a small handful to thousands.

She is based Sussex, England and travels nationally and internationally for her work

Where

More

email ellie@speakingofbooks.co.uk to enquire, if you have them, please share provisional dates, audience, location and most importantly your hopes for the session

Past Talks: past talks that were well-received
to inspire our discussions

Leadership

- Five Practical Principles of Trauma-Informed Leadership
- Leading Well, Staying Well
- Taking a Whole College Approach to Mental Health
- Meeting the Mental Health Needs of Every Learner (and Teacher)
- Simple Ideas to Help Mental Health Leads Fly
- Improving Behaviour and Culture through Relational Practice
- Six Guiding Principles of Co-Production
- Staff Wellbeing: Ideas for Leaders Who Care
- Practical Strategies for Engaging Parents and Carers
- You Do You? How Much of Ourselves Should We Bring to Work?
- How to Build Belonging and Connection in Your Staff Team
- Listening and Support Skills for Line Managers

Wellbeing

- Self-Care Skills for Support Staff
- You Matter Too! Practical Steps for Looking After Your Own Wellbeing
- Practical Strategies for Enabling Life-Work Balance
- Why and How to Write a Wellbeing Action Plan
- Self-Care Skills for Carers

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Neurodiversity

- Autism and Food: Supportive Strategies for Parents & Carers
- ADHD in Girls: Understanding and Supporting
- Practical Ideas for Promoting Emotional Regulation
- Spot and Support Autistic Girls
- I'm Autistic: Here's How You Can Help Me
- Supporting Autistic Children to Engage Well with School
- Neurodiversity: 5 Small Steps to Make Giant Leaps towards an Inclusive Workplace
- Promoting Self-Esteem in Girls with ADHD
- Autism and Anorexia: What Clinicians Need to Know about the Interplay
- Autistic Life Skills: Avoiding Anxiety and Banishing Burnout
- Getting it Right for Autistic Learners in Mainstream

Bereavement

- Bereavement: Supporting Children with SEND
- Bereavement: 10 simple ways to support a child when someone dies
- Bereavement: Practical Ideas for One to One and Small Group Work
- How to Be the Adult a Grieving Child Needs

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Spot & Support

- Challenging Behaviours: Understanding, Responding and Supporting
- Trauma and ACEs: Recognising and Responding
- Understanding Anxiety & Supporting Students to Support Themselves
- Self-Harm: Understanding and Supporting
- Eating Disorders and Difficulties in 5 to 19-Year-Olds
- Low Mood and Anxiety: 8 Ideas that work
- Let's Embrace the awkward and Talk About Suicide
- Suicide: How to Help in Crisis Moments
- How to Support Neurodivergent Children in a Time of Great Change
- Self-Harm: Ideas for Working with Parents and Carers
- Breaking the Cycle of Emotionally Based School Avoidance
- Supporting Students Who Are Suicidal
- Meeting the Mental Health Needs of Children with SEND
- Exams and Tests: Ten Things Parents Need to Know
- Five Small Ways to Make a Big Difference to Looked After Children
- Mental Health: When to Worry, What Next?
- Anxiety and Low Mood: Helping Students to Help Themselves
- Supporting Children Who Are Anxious to Attend School
- Practical Ideas for Supporting Young People with Eating Disorders
- Self-Harm in the Primary School
- Typical Teen or Deeply Depressed? When to Worry, How to Help
- Working with Families to Support Anxious Non-Attendees
- Eating Difficulties in Younger Children: Spotting & Supporting
- Five Small Ways to Make a Big Difference to Young Carers
- 10 Ideas for Supporting SEN in the Mainstream Classroom

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Communication & Skills Building

- The Power of Listening to Understand
- Communicating and Engaging with Harder to Reach Children
- Hard to reach? 8 Strategies for Genuine Inclusion
- Resilience Building: Developing simple child-centred action plans
- When Students are Struggling: First Conversations and Simple Support Steps
- Getting Parents with a Fear of School Onsite and Onside
- Promoting Resilience: Pooky's 4 Ps Framework
- Communication Skills for Form Tutors
- Teaching About Mental Health Safely and Sensitive
- Using Poetry to Promote Talking and Healing
- How to Listen so Teens Will Talk
- Enabling Children to Feel Safe so They Can Thrive
- The Language of Eating Disorders: What to Say and What Not to Say

I'll tailor my talk to suit your needs and I'm always excited to develop new sessions so use these past sessions to get your creative juices flowing, then drop me a line to arrange to discuss your hopes and dreams and together, we can make them happen

Email: ellie@speakingofbooks.co.uk