

Dr Pooky Knightsmith

Practical Insights, Lasting Impact



Pooky is an established online speaker where her energetic and interactive speaking style, coupled with breaks for discussion or reflection, ensures that attendees remain engaged and inspired throughout. As well as allowing you to record the session for future use, you'll be provided with copies of the slides and a wealth of free resources for further learning.

Pooky's webinars are a breath of fresh air, combining expertise, passion, and practical strategies that ignite change

Choose from Pooky's extensive list of tried and tested webinars below – or get in touch to develop something entirely bespoke.

Leadership

Webinars tailored for education leaders seeking to enhance their skills, manage stress, and cultivate supportive school environments.

- Visionary Leadership: Designing Your School's Ideal Future
- Sparking Joy in Education: Strategies for Schoolwide Happiness
- The Playful Path to Success: Transforming Educational Leadership
- Trauma Informed Leadership: Five Practical Principles
- Leading Well, Staying Well

Staff Wellbeing

Webinars designed to help education professionals prioritise their mental health and wellbeing. Learn valuable strategies and tools to foster a healthy work-life balance and contribute to a positive school environment.

- Staff Wellbeing: A Framework for Happy, Healthy Staff
- Self-Care: Skills for Exhausted Educators
- Healthy Habits: For Happy School Staff
- Beyond Small Talk: Fostering Deeper Interactions
- Reflective Practice: Utilising Journaling for Growth
- The Friendship Formula: Strengthening Relationships

Building Positive Skills & Culture

Practical strategies that create positive learning environments and foster student engagement and success.

- Building Warmth and Belonging in Schools
- Compassionate Connections: Next Level Listening
- Beyond Small Talk: Fostering Deeper Interactions
- Fostering Friendships: Enhancing Social Bonds in the Classroom
- Breathe, Grow, Connect: Nature's Transformative Influence
- Everyday Explorations: Fostering a Culture of Adventure
- Play Hard, Learn Harder: The Serious Business of Play
- Values Driven Leadership: Practical Steps to Leading with Purpose
- Behaviour that Challenges: Understanding, Responding, Supporting
- Navigating Challenges: Building Relationships to Manage Behaviour
- Adapting to Diverse Learning Needs: Differentiation Strategies for TAs
- Nurturing Potential: Harnessing Students' Strengths & Interests
- Fostering Independent Learning: Strategies to Empower Students

SEND and Inclusion

Webinars dedicated to addressing special educational needs and disabilities and promoting inclusivity within schools.

- Meeting the Mental Health Needs of Learners with SEND
- Enabling Autistic Girls to Thrive in School
- Enabling Neurodivergent Students to Thrive
- From Masking to Thriving: Autism & ADHD in Girls
- Supporting Neurodivergent Students Starting Secondary School
- Neurodivergent Life: Personal Reflections, Professional Approaches
- Maslow's Toolbox: Creating Classrooms Where Every Child Thrives
- Anxiety, Autism & ADHD: Understanding and Supporting
- Living Brilliantly with Autism or ADHD: Ideas for Parents/Carers
- Supportive Strategies: Enhancing Student Success as a TA

Student Mental Health

Webinars focused on nurturing student mental health and fostering an inclusive learning environment.

- Mentally Healthy Schools: A Whole School Approach
- Mental Health Awareness: A Toolkit for Supporting
- Low Mood: Spot, Understand, Support
- Self-Harm: Spot, Understand, Support
- Eating Disorders: Spot, Understand, Support
- ARFID: Spot, Understand, Support
- Anxiety: Spot, Understand, Support
- Anxiety: Getting the New School Year Off to a Good Start
- Anxiety: Supporting Students to Support Themselves
- Navigating Student Behaviour & Anxiety
- Emotionally Based School Avoidance: Understanding & Supporting
- Emotionally Based School Avoidance: Neurodivergent Students
- Promoting Resilience: A Practical Framework
- Anxiety, Autism & ADHD: Understanding

Let's Take Things Further?

Make magic really happen by further developing your relationship with Pooky and building a webinar series. This can boost attendance and engagement as attendees get to know and love Pooky's style and also enables Pooky to further tailor her approach and content as she gets to know you all better too.

A series can be made of any combination of webinars you wish but some series that have gone down especially well in the past include:

Student Mental Health

- Mental Health Awareness: A Toolkit for Supporting Young Minds
- Low Mood: Spot, Understand, Support
- Self-Harm: Spot, Understand, Support
- Eating Disorders: Spot, Understand, Support
- ARFID: Spot, Understand, Support
- Anxiety: Spot, Understand, Support

Supporting Students Struggling to Attend

- Emotionally Based School Avoidance: Prevention
- Emotionally Based School Avoidance: Early Intervention
- Emotionally Based School Avoidance: Re-Integration
- Emotionally Based School Avoidance: Neurodivergent Students
- Anxiety: Supporting Students to Support Themselves

Inclusive Classrooms

- Nurturing Unique Potential: Harnessing Students' Strengths & Interests
- Enabling Neurodivergent Students to Thrive
- Maslow's Toolbox: Creating Classrooms Where Every Child Thrives
- Compassionate Connections: Next Level Listening



About Pooky

Pooky is a popular webinar presenter and keynote speaker known for inspiring change with her engaging, straight-talking style and next-day practical ideas. As well as drawing on a wide evidence base; Pooky's webinars weave in elements of her personal journey, where a late autism diagnosis took her from a psychiatric hospital bed, at imminent risk of death from anorexia, to a leading voice in mental health with a passion for paragliding, climbing and cycling.

Pooky has a PhD in child mental health from the Institute of Psychiatry, King's College London. She is the author of several books, a former chair of the Children and Young People's Mental Health Coalition and she has had the privilege of working with and learning from hundreds of schools and settings across the UK and around the world.

Book a Webinar with Pooky

To find out more or to book a webinar, please contact
Ellie Powling at ellie@speakingofbooks.co.uk

Ellie will:

- explore your requirements in depth
- work through outline suggestions with you
- arrange and host a briefing meeting between you and Pooky
- provide a programme based on the meeting
- support as needed in the run-up to your webinar
- Support with any future webinars or face to face events

With Ellie on board you can be sure things will run smoothly. She also represents other fantastic speakers who could support you too.

Ellie

(makes the magic happen)



Email - ellie@speakingofbooks.co.uk