



Sheila McMahon



As part of our whole school staff training day, 'Share the Love', we invited Sheila McMahon to share her techniques and experiences to our staff who are committed to making positive changes to their lives. As a school, we are passionate about supporting our children and staff in maintaining good mental wellbeing and offering strategies and support when required.

Sheila McMahon believes every individual has the right to feel great about themselves. To be happy and live a fulfilled life. She is a professional entertainer and qualified counsellor.

The session Sheila delivered on Well Being and Mental Health was light hearted, entertaining but with an underlying message of 'Let's make things better for everyone.' The staff have welcomed her ideas and have started to put some of them into action. The session has really made a difference already and 'Know that you are good enough.' is becoming a mantra for some staff.

As a school, we are continually looking for ways to support our staff in their personal wellbeing and will continue to do so in the future.