

WELLBEING FOR TEENS & SCHOOLS

Practical skills for navigating stress, pressure and everyday life

Years 9–13

Psychological Flexibility & Resilience Skills for Secondary Students



Young people are navigating a world of academic pressure, social expectations, change, uncertainty and increasing demands on their time and attention.

Wellbeing education can give students practical skills to understand what is happening for them, respond more effectively to difficult thoughts and emotions, and keep moving towards the things that matter to them.

This programme provides practical, age-appropriate wellbeing education and skills development that can sit alongside the support already available within a school.

No diagnosis. No pathologising. No "just think positive".
Just practical skills for real life.



The Approach



Helping young people build skills, not simply cope with symptoms



The programme draws on principles from Acceptance and Commitment Therapy (ACT), psychological flexibility, behaviour change, mindfulness and self-compassion, translated into practical, age-appropriate activities for secondary students.

Students are encouraged to develop the ability to:

NOTICE

Recognise what is happening in their thoughts, emotions, body and behaviour.

MAKE SPACE

Learn that difficult thoughts and feelings can be present without having to control every decision.

CHOOSE

Develop practical ways to pause, respond and make more intentional choices.

TAKE ACTION

Build small, realistic habits and behaviours that move them towards what matters.

The aim isn't to eliminate stress, anxiety or difficult emotions.

It's to help young people develop skills for responding to life when things don't go to plan.



WHAT STUDENTS CAN LEARN



STRESS & OVERWHELM

Understanding stress and recognising early signs of becoming overloaded.

DIFFICULT THOUGHTS & EMOTIONS

Learning to notice thoughts and emotions without automatically believing, avoiding or acting on them.

PSYCHOLOGICAL FLEXIBILITY

Developing the ability to adapt, make room for difficult experiences and respond according to what matters.

RESILIENCE

Understanding resilience as a skill that can be developed rather than something we either have or don't have.

MINDFULNESS & PRESENT-MOMENT SKILLS

Simple, practical techniques to help students pause, refocus and become more aware of what is happening in the present moment.

SELF-COMPASSION & CONFIDENCE

Exploring the difference between self-criticism and useful self-reflection, and developing a kinder relationship with themselves.

HABITS, MOTIVATION & PROCRASTINATION

Understanding why motivation isn't always reliable and learning practical ways to get started and build sustainable habits.

PRESSURE, CHANGE & UNCERTAINTY

Developing skills for navigating exams, expectations, transitions, setbacks and the uncertainty that comes with growing up.

VALUES & WHAT MATTERS

Helping students identify what is important to them and use this as a guide for everyday choices.



A POSSIBLE 6-SESSION PROGRAMME



Six practical sessions for building psychological flexibility and resilience
The programme can be adapted to suit the school's needs, timetable and student cohort.

1 — UNDERSTANDING STRESS & OVERWHELM

What happens when our stress response is activated?
Recognising signs of overload and identifying practical ways to respond.

2 — THOUGHTS ARE NOT COMMANDS

Exploring the relationship between thoughts, feelings and behaviour.
Learning practical defusion skills and ways to create space around difficult thoughts.

3 — MAKING SPACE FOR DIFFICULT EMOTIONS

Understanding emotions and learning that we don't have to fight, suppress or immediately act on every feeling.

4 — RESILIENCE & PSYCHOLOGICAL FLEXIBILITY

What does resilience actually mean?
Learning how flexibility, acceptance and perspective can help us navigate setbacks and change.

5 — HABITS, MOTIVATION & ACTION

Why waiting to "feel motivated" can keep us stuck.
Exploring procrastination, small actions, habit loops and realistic behaviour change.

6 — VALUES, SELF-COMPASSION & MOVING FORWARD

What matters to me?

Sessions can be delivered as a six-session programme or adapted into individual workshops depending on the school's needs.

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DELIVERY OPTIONS

FLEXIBLE TO FIT YOUR SCHOOL STUDENT PROGRAMME

A structured series of sessions for Years 9–13, delivered to a class, year group or selected student cohort.

Possible format:

6 × 45–60 minute sessions

STAND-ALONE WORKSHOPS

Individual wellbeing sessions can be developed around a specific need or theme.

Examples include:

- Managing stress & overwhelm
- Exam pressure
- Resilience
- Mindfulness
- Habits & procrastination
- Self-compassion
- Navigating change

STAFF WELLBEING

Practical wellbeing education for teachers and school staff, with a focus on stress, sustainable self-care, boundaries, resilience and caring for the carers.

TAILORED SCHOOL SUPPORT

The content can be adapted in consultation with school leadership and wellbeing staff to reflect the needs, age and context of the students.

WORKING ALONGSIDE YOUR EXISTING SUPPORT



**COMPLEMENTING, NOT
REPLACING SCHOOL SERVICES**



This programme is designed as wellbeing education and skills development.

It can complement existing school initiatives, pastoral care, health education, counselling and student support services.

It is not designed to diagnose, treat or manage mental health conditions.

It is not therapy or crisis intervention, and it does not replace school counsellors, nurses, psychologists, specialist mental health services or other existing supports.

Where a student requires individual assessment, therapeutic support or specialist intervention, existing school referral pathways and appropriate professional services remain the appropriate pathway.

The programme can be discussed and co-designed with the school's existing wellbeing and support team.



About Tracey



Transforming Lives, One Healthy Habit at a Time



Healthcare experience + practical wellbeing education

Tracey Race

NZ Registered Nurse | Resuscitation Educator

Health & Mental Wellbeing Coach | Mindfulness Instructor

Trauma-informed practitioner | Mental health & behaviour
change specialist

Host of You're Not Broken Podcast

Tracey has more than 30 years of nursing experience,
including intensive care, clinical education, resuscitation
education and staff wellbeing.

She combines her healthcare background with
postgraduate-level health and mental wellbeing
coaching, mindfulness and behaviour change
approaches.

Her work focuses on helping people develop practical
skills that support wellbeing in everyday life without
judgement, shame or unrealistic promises.

Her approach is evidence-informed, practical,
compassionate and grounded in real-world healthcare
experience.



LET'S START A CONVERSATION



**Could this support your students or school community?
Every school is different.**

I'd welcome the opportunity to talk with your Principal, SENCO, wellbeing lead or relevant school team about your current priorities and explore whether this programme could complement what you already have in place. There is no expectation that you need to know exactly what you need before getting in touch. We can start with a conversation.

CONTACT TRACEY

Tracey Race

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You're Not Broken. You're Human. And You're Not Alone.



Practical wellbeing education for real life.