



**Children and Mental Health -  
The Art of Being Brilliant**  
Tuesday 13 October, all day - Zoom

**FREE to most schools in Bolton (small charge for outside of area and Academies please contact us for more details).**

Dr Andy Cope will be offering sessions for pupils and teachers via Zoom. Andy is a sought-after keynote speaker and authority on happiness, wellbeing and human flourishing.

Andy has done numerous TV and radio appearances as well as being featured in various newspapers and publications. He is also a best-selling author and has written 'The Art of Being a Brilliant Teenager', one of the UK's first positive psychology books for young people, plus the book 'Diary of a Brilliant Kid: Top Secret Guide to Awesomeness'. His book 'The Little Book of Emotional Intelligence' spent six months in the best-sellers charts.

The 'Brilliant Kid/Brilliant Teenager' sessions in Bolton will aim to encourage children to 'Think big, sparkle brightly and be your absolute best' and 'Feel the fear but do it anyway', his Twilight will then cover this from a teacher/adult perspective.

**Diversity in Children's Books**  
Wednesday 18 November,  
6pm - Zoom



**FREE to most schools in Bolton (small charge for outside of area and Academies please contact us for more details).**

The Keynote will be delivered by Darren Chetty, who is a writer, teacher and researcher. He has published academic work on philosophy, education, racism, children's literature and hip-hop culture.

The session will focus on how the books we read with children and the conversations that follow inform the creative writing that they produce and influence how they see themselves in the world.

By the end of the session, attendees will have been given an introduction how to make lasting and consistent change to how race and representation is explored in the classroom.



**Book here**

**More Information**

To book a session or for more information on any of the above, please contact [SLMS@bolton.gov.uk](mailto:SLMS@bolton.gov.uk) or telephone **01204 338121** and a member of staff will get back to you as soon as possible.