

OUR PROGRAMMES

Our BEAMS collection



Explore our programmes and discover what is right for you

Project BEAMS -

BEAMS is a transformative 6 week emotional wellbeing programme created to support adults in navigating life's challenges with greater strength, clarity, and confidence.

In today's fast-paced, demanding world, emotional health is more important than ever. BEAMS offers a safe, supportive space where adults can learn, reflect, and grow—together. Through a blend of interactive sessions, reflective exercises, and practical tools, participants will:

- Understand and manage difficult emotions
- Learn evidence-based coping strategies for stress, anxiety, and overwhelm
- Build emotional awareness, self-compassion, and confidence
- Strengthen personal resilience and emotional regulation

Whether you're facing personal struggles, work-related stress, or simply want to invest in your wellbeing, BEAMS helps you reconnect with your emotional self and develop skills that support long-term mental and emotional health.

Led by experienced facilitators, BEAMS blends evidence-based techniques with real-life application, helping you feel more grounded, capable, and supported.



weekly sessions in person, to connect and reflect together



weekly online delivery, for flexibility and continued support

These programmes are free for individuals to attend. Please email jodie@projectbeams.com or use our contact form for more details and to register with us.

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SunBEAMS -

Help your pupils shine from the inside out with Sunbeams, a dedicated emotional wellbeing programme designed specifically for primary school children. Grounded in evidence-based practices and delivered with warmth and creativity, Sunbeams helps young learners:

- ✨ Build emotional awareness
- 🧠 Develop resilience and self-regulation
- 💬 Express feelings in healthy, constructive ways
- 🤝 Foster empathy, kindness, and positive relationships

Through engaging stories, interactive activities, mindfulness techniques, and group discussions, Sunbeams creates a safe and supportive space for children to explore their emotions and grow in confidence.

Sunbeams is the perfect way to equip children with lifelong tools for emotional strength and wellbeing.

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★ BEAMS – Building Emotional Awareness and Mental Strength in Secondary Students ★

Support your students to thrive emotionally, socially, and academically with BEAMS – a powerful emotional wellbeing programme designed for secondary school learners.

Adolescence is a time of rapid change, challenge, and discovery. BEAMS equips young people with the tools they need to navigate this critical stage with resilience, confidence, and emotional intelligence.

- ◆ Strengthen self-awareness and mental health literacy
- ◆ Develop healthy coping strategies and emotional regulation
- ◆ Promote positive peer relationships and empathy
- ◆ Empower students to manage stress, anxiety, and social pressure

Delivered through dynamic workshops, real-life scenarios, open discussions, and reflective exercises, BEAMS creates a safe environment for teenagers to express themselves, learn, and grow.

🎓 Ideal for PSHE, pastoral support, or whole-school wellbeing initiatives – BEAMS helps schools nurture emotionally healthy, self-assured young adults ready to face the world.

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Explore our training programmes



Sunbeams – Emotional Wellbeing Training for Primary School Staff & Professionals

Empower the adults who nurture our youngest minds. Sunbeams offers a specialised training programme for teachers, support staff, and professionals working with primary-aged children.

This training equips participants to:

- ✓ Understand emotional development in early and middle childhood
- ✓ Recognise signs of emotional distress and unmet needs
- ✓ Use language and strategies to support emotional regulation
- ✓ Facilitate structured wellbeing sessions using the Sunbeams framework

Grounded in psychology and child development, Sunbeams training gives staff the tools and confidence to create emotionally safe, supportive environments where children can thrive – inside and outside the classroom.



BEAMS – Mental Health & Emotional Resilience Training for Secondary School Staff



BEAMS offer a targeted training programme for secondary school educators, pastoral teams and professionals, designed to help them better support adolescent mental and emotional wellbeing.

Training includes:

- ◆ Adolescent brain development and emotional needs
- ◆ Understanding common mental health challenges in teens
- ◆ Practical tools for building resilience and self-regulation
- ◆ How to deliver impactful BEAMS sessions or embed its principles into everyday practice

Participants leave with a toolkit of strategies, ready-to-use session plans, and increased confidence in supporting young people through the emotional ups and downs of secondary school life.