



**The complete mental health and
wellbeing framework for the
education sector**



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SERVICE BROCHURE

Table of Content



Introduction to 8WiseED[®] and the 8Wise[®] Method	03
Key Services: Designed to Make a Difference	05
How to Use 8WiseED[®]	06
Delivery, Impact and Benefits	07
Your Investment	08
Implementation Ideas	09
Next steps	10

Introduction to 8WiseED® and the 8Wise® Method

Mental Health in Education is at a Crisis Point.

Stress, burnout, absenteeism, and emotional dysregulation are rising rapidly across the education sector. Recent reports show that over **78% of teachers experience work-related stress**, and more than **1 in 5 pupils face regular challenges with anxiety or emotional regulation**.

8WiseED® has been developed to directly address these issues with a structured, evidence-based framework that supports mental fitness, promotes psychological wellbeing, and empowers schools, colleges, and universities to create healthier learning and working environments for all.

What is 8WiseED®?

Tailored Support for the Education Sector

8WiseED® adapts the proven **8Wise® Method** for the unique needs of schools, colleges, and universities, offering a complete framework for mental health and wellbeing.

Through practical tools, training, and strategic support, **8WiseED®** empowers education settings to strengthen leadership development, enhance staff wellbeing, and build student mental fitness.

At the heart of the framework are 8 interconnected dimensions of wellness, each addressing a key area of mental and emotional health, **enabling whole-school impact** through a clear, structured approach.

What is the 8Wise® Method



The **8Wise Method®** is a science-backed therapeutic framework that strengthens mental health and wellbeing across eight interconnected dimensions: *emotional, mental, physical, spiritual, social, environmental, occupational, and financial*.

Developed by **Kim Rutherford**, psychotherapist, coach, and author of **8 Wise Ways to a Healthier Happier Mind**, the method provides a clear, structured pathway to building mental fitness and can be used for **prevention, recovery**, and the development of long-term **mental fitness** in both staff and students.



8WiseED® is a **therapeutic wellbeing framework** designed specifically for the education sector, built around the 8Wise® Method.

Who is 8WiseED® for?

8WiseED® is designed to **support the entire education community**. Whether you're leading a school, teaching in the classroom, or supporting students behind the scenes, the framework offers tailored tools to meet your unique needs. It's ideal for school leadership teams, teaching and support staff, and students at all levels; primary, secondary, college, and higher education.

It also benefits SENCOs, DSLs, and PSHE leads looking for a structured, **whole-school approach to wellbeing**. Even parents can benefit from the 8WiseED® model, ensuring support continues beyond the school gates.

Key Services: Designed to Make a Difference

We provide **tailored tools, training, and strategic support** to embed mental fitness at every level of your school, college, or university. From leadership development to staff wellbeing and student resilience, our services are practical, **evidence-based, and built to fit the real-world demands** of education. Whether you're starting small or rolling out a whole-school setting approach, 8WiseED® is here to support your journey.



FOR LEADERS

- Leadership Consultancy
- Mental Health Audits (Ofsted-Aligned)
- CPD and Pathway Programmes
- 1:1 Therapeutic Coaching Support



FOR ALL STAFF

- CPD Training and Pathway Programmes
- Staff Wellbeing Toolkit
- 8WiseED® Digital Resource Library



FOR TEACHING STAFF

- Student Workshops
- CPD Training and Pathway Programmes
- Self-Assessment Tools
- Student Resource Packs

How To Use 8WiseED®

8WiseED® is designed to help schools, colleges, and universities embed sustainable, evidence-based wellbeing into their daily culture and long-term strategy. By integrating **The 8WiseED®** into leadership, staff, and student journeys, it creates a **measurable system that supports mental fitness** and resilience at every level of the organisation.

How 8WiseED® Can Be Implemented

The 8WiseED® framework can be introduced as a **whole-school wellbeing strategy or integrated step-by-step**, starting with leaders, staff, or students. It is flexible and scalable, designed to work alongside existing wellbeing policies, safeguarding measures, and inspection frameworks.

The Four Core Phases of 8WiseED® Integration

To build a sustainable wellbeing culture, 8WiseED® embeds mental health awareness and support across the full education lifecycle. The approach is mapped to four strategic phases:

1. **Recruitment** – Embedding wellbeing priorities in job roles, leadership expectations, and staff and student culture from day one.
2. **Onboarding** – Training and induction programmes that build resilience, emotional literacy, and awareness of the 8Wise® Method.
3. **Performance** – Ongoing CPD, student workshops, staff appraisals and staff wellbeing tools to maintain mental fitness and boost engagement, attendance, and retention.
4. **Offboarding** – Support for student and staff transitions, career changes, or student leavers, with mental health and resilience strategies to set them up for success.

What Each Phase Covers

Each phase links to:

- Key mental health and wellbeing risks (e.g., stress, burnout, anxiety)
- Clear 8WiseED® objectives and measurable outcomes
- Recommended services and tools (audits, CPD, resource library)
- The 8Wise® Method for optimal mental health and wellbeing
- Ofsted and DfE wellbeing framework requirements

Delivery, Impact and Benefits

Delivery Options

- In-person training
- Online CPD courses
- Downloadable resources
- Bespoke consultancy packages
- One-off sessions or full framework implementation



Impact & Benefits

- Improved attendance & retention
- Reduced stress, burnout, and anxiety
- Stronger school culture
- Evidence for Ofsted & inspection frameworks
- Whole-school wellbeing approach

Your Investment

8WiseED® offers flexible, scalable services to support the needs of your staff, students, and leadership team. Our pricing is aligned with the level of support, resources, and impact we provide, with options designed to suit schools and colleges of every size.

Service	Service detail	Price Range
Leadership Consultancy	Expert guidance on creating a psychologically healthy organisation from the top down.	£495 – £995 per half-day session
Mental Health Audits (Ofsted-Aligned)	In-depth reviews of your current wellbeing provision, mapped to Ofsted and inspection frameworks.	Starting at £1,250 – depending on size of setting and support required
Strategic Wellbeing Planning	Whole-school setting planning to embed mental fitness into your culture, systems, and policies.	£995 – £1,995 per planning project or package
CPD Training	Flexible delivery options including inset days, twilight sessions, and full-day workshops. <i>-see the Training Prospectus for more information</i>	£300 – £1,500 depending on session, format and number of delegates
Staff Wellbeing Toolkit	Practical resources to support everyday mental fitness, self-care, and emotional regulation	£99 – £349 depending on the option
8WiseED® Digital Resource Library	On-demand access to tools, training materials, and wellbeing content to support personal and professional growth.	£995 – £4,995 organisation licence £14.99-£24.99 Individual licence
Wellbeing Programmes	Age-appropriate sessions delivered via assemblies, group workshops, or targeted interventions.	£250 – £995 per session or the bundle
Self-Assessment Tools	Interactive tools to help students identify their own wellbeing needs and track progress.	£49 – £199 per class/year group
Student Resource Packs	Structured, engaging materials to build emotional literacy, resilience, and self-awareness.	£5 – £15 per student or £295 – £795 for institutional licence

All prices are indicative for the 2025/26 academic year, exclusive of VAT, and apply to digital products only (no printed materials supplied). Additional costs for travel and accommodation may apply in some cases. Custom packages are available upon request.

Implementation Ideas

Need some inspiration on how to implement 8WiseED®? The options below build step by step towards a whole -school approach.



- 1. Start with a Wellbeing Audit:** Identify current gaps, risks, and strengths with a full review aligned to Ofsted's wellbeing requirements.
- 2. Pilot with a Specific Group:** Trial the framework with your SLT, Year 10 students, or new staff cohort before rolling out more widely.
- 3. Use the Digital Resource Library:** Give staff and students access to self-help tools, CPD content, and printable resources on demand.
- 4. Launch with a CPD Day:** Deliver engaging, practical training to introduce staff to the 8Wise® Method and build momentum.
- 5. Integrate into PSHE or Tutor Time:** Use student resource packs and wellbeing programmes as part of your existing personal development curriculum.
- 6. Create a Leadership Strategy:** Work with 8WiseED® consultants to embed a long-term wellbeing approach across recruitment, onboarding, performance, and offboarding.
- 7. Support Individual Staff or Students:** Offer self-assessment tools or 1:1 coaching or therapeutic support for those facing emotional or mental health challenges.
- 8. Use Data to Drive Impact:** Collect pre- and post-intervention insights using 8WiseED® tools to demonstrate measurable change.

OR, embed a Pathway Programme: pick one of our specific pathways to embed into staff development plans.

Next Steps

Whether you're ready to implement 8WiseED® or just exploring your options, we're here to help. Follow these simple steps to begin building a mentally healthier, more resilient education environment.

STEP 01

1. Book a Discovery Call

Schedule a consultation to discuss your organisations specific needs and goals to identify how we can help.

STEP 02

2. Choose Your Package

Select from our ready-to-go services or request a bespoke combination tailored to your setting and budget.

STEP 03

3. Start Your 8WiseED® Journey

Receive your onboarding pack, set your launch date, and begin embedding mental fitness across your organisation.

Let's Talk

No two education settings are the same, which is why our pricing is always tailored to your specific needs. Whether you're looking to support staff, students, or leadership, we'll help you find the right solution. Use the enquiry form www.daltonwise.co.uk or email us at info@daltonwise.co.uk to start the conversation.

Need Something Not Listed?

If you're looking for support that isn't listed or want to explore a bespoke solution, we're happy to help. Get in touch and we'll tailor a proposal to your needs and priorities.

All 8WiseED® services are fully scalable and designed to integrate seamlessly with your existing systems, term structure, and staff capacity. Get in touch to explore how we can help you make 8WiseED® your trusted wellbeing framework.

Who We've worked with





**Dalton Wise
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Coaching | Therapy | Consultancy

LET'S WORK TOGETHER



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