**Message from Elevate - Managing Student Stress and Wellbeing**

We had over 4000 parents join us on Tuesday for our webinar on increasing and sustaining student motivation which was fantastic. The recording this webinar is now available on this link: <https://get.elevatecoaching.info/uk/replay>. You can also download a summary sheet of the main points [here](https://f.hubspotusercontent40.net/hubfs/6707440/Managing%20Motivation%20Cheat%20Sheet.pdf?utm_source=hs_email&utm_medium=email&_hsenc=p2ANqtz-_r4JdiNCBZiTtKZU-Gdul0w1hsLEQ-S0rVSL99NvtOxRYQRegJt7gJYsC4UGSWgZ99kGzg).

The recording will be available until **9th February**, which is when the next webinar is taking place. The 9th February webinar is on **Stress and Wellbeing,** focusing on how to establish and maintain good routines during lockdown, how to manage stress levels, and what to do when stress gets overwhelming. The details are below:

**Managing Student Stress and Wellbeing**

**Date:** Tuesday 9th February 2021

**Time:** 6:00 – 7:00pm

**Registration link:** [https://get.elevatecoaching.info/uk/register](https://aus01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fget.elevatecoaching.info%2Fuk%2Fregister&data=04%7C01%7Ccharlotte%40elevateeducation.com%7Cf0581fa6fd5d49e4823e08d8b87bd009%7C7c5cc5529e484a798509753c2ab28dad%7C0%7C0%7C637462189205316599%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C2000&sdata=G5M3xvAwAf5%2BjgABDWTk7N4OU%2BTnzU3g5o2G9KFehJ4%3D&reserved=0)

**This webinar will be suitable for parents of Years 7 through to 13 and can be shared with as many of your parents as you wish.**

Parents can sign up for any or all of the term’s webinar series at the registration link above.

**Elevate**