



WP 3: Training and capacity building (D3.1)

Master Trainer Course - Day 3



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Visual Roadmap Template

This collaborative roadmap helps school teams identify key moments in the academic year to embed well-being practices using the PERMA model, Whole-School Approach (WSA), and SWPBS.

Term 1

Key events	Stress Points	Opportunities for PERMA	SWPBS Actions	Community Engagement Moments

Term 2

Key events	Stress Points	Opportunities for PERMA	SWPBS Actions	Community Engagement Moments

Term 3

Key events	Stress Points	Opportunities for PERMA	SWPBS Actions	Community Engagement Moments

Barrier-Solution Map Template

Use this template to collaboratively identify barriers to implementing well-being practices, assess their impact, and develop strengths-based solutions. This tool supports realistic planning and proactive problem-solving.

Identified Barrier	Impact on Well-being Implementation	Strengths/Assets to Leverage	Proposed Solution	Responsible Person(s)

Thriving Schools – Gallery Walk & Peer Feedback Template

Use this template during the Gallery Walk activity to share your team's visual plan and receive constructive, strengths-based feedback from peers. Each team should complete the top section and peers can fill in the feedback prompts below.

Team 1

- Visual Plan Overview:

(Insert summary or image of your roadmap/timeline here)

- Peer Feedback:

- One strength I see is...
- A question I have is...
- A suggestion to build on this is...

Team 2

- Visual Plan Overview:

(Insert summary or image of your roadmap/timeline here)

- Peer Feedback:

- One strength I see is...
- A question I have is...



- A suggestion to build on this is...

Team 3

- Visual Plan Overview:

(Insert summary or image of your roadmap/timeline here)

- Peer Feedback:
- One strength I see is...
- A question I have is...
- A suggestion to build on this is...

Team 4

- Visual Plan Overview:

(Insert summary or image of your roadmap/timeline here)

- Peer Feedback:
- One strength I see is...
- A question I have is...
- A suggestion to build on this is...

Team 5

- Visual Plan Overview:

(Insert summary or image of your roadmap/timeline here)

- Peer Feedback:
- One strength I see is...
- A question I have is...
- A suggestion to build on this is...



Implementation Timeline Template

Use this template to plan the implementation of well-being actions across the school year. Assign timeframes, responsible persons, and resources to ensure realistic and strengths-based planning.

Well-being Action	Timeframe	Responsible Person(s)	Resources Needed	Notes

10-Minute Reflection Handout

Use this brief reflection handout to consolidate your learning from the training and prepare for next steps. This activity supports personal insight and links to Unit 3.3 on measuring impact and sustaining change.

Reflection Prompts

1. One insight I'm taking with me from this training is:

2. One action I will take in the next month to support well-being in my school is:

3. One strength I will use to support this action is:

Looking Ahead – Unit 3.3

Unit 3.3 focuses on measuring impact and sustaining change. As you move forward with your school's action plan, consider how you will track progress, evaluate outcomes, and ensure long-term sustainability of well-being practices.



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