

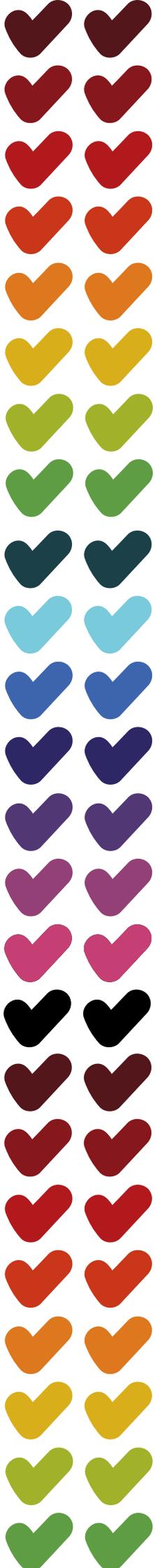


# Prospectus 2020

**Join the IHEART Academy and train to deliver  
the acclaimed IHEART Curriculum for Young People**

**The Academy is an institute of higher learning for  
developing the knowledge and skills to master a  
paradigm-shifting approach in mental health and  
resilience education**

IHEART is a registered charity (number: 1173025)



# welcome

to the  **iheart** academy

***“In the midst of winter, I found within me an invincible summer”***  
Albert Camus

IHEART's vision is to uncover the innate resilience and wellbeing of the next generation. Like Camus, and despite the current mental ill health crisis enveloping our society, we know that an invincible summer resides within us all.

Teaching this to all our young people is essential in order to create a healthy, harmonious and high functioning society that is not plagued with mental illness and discord. Can there be anything more important than helping our children discover that resilience is their birthright – that it is everyone's birthright?.

The current conversation around mental health is a misnomer; it focuses on mental illness, not mental health. The overarching emphasis on problems does not offer adequate and sustainable solutions. Our approach is educational, preventative and hopeful. And while it might be a little disruptive and challenging to some of the prevailing thinking, the IHEART Resilience Programme for Young People has shown – and is increasingly showing – to have depth, impact and sustainable results.

As a non-profit with an ambitious vision for societal transformation, our mission is simply too important to be the domain of a small group of people. We need more committed, insightful, talented and passionate teachers to help us facilitate a paradigm shift in how society views mental health. That is why the IHEART Academy was created – to help people like yourself learn, grow and become highly skilled and knowledgeable in order to bring about this essential shift.

Yes, we have a big dream. But as we have learned and evolved, we have become increasingly skilled at dreaming with our feet on the ground. Through joining the Academy and beginning your learning journey with IHEART, you will share our dream by partnering with us in turning the tide on a crisis that is gathering an ever-increasing momentum. You get to be change-makers, as we change the language around mental health. As we change ourselves. And as we change our children's futures.

Thank you for joining us as we uncover the resilience in our young people, our families, our communities and our society.

My very best wishes on behalf of us all at IHEART

**Terry Rubenstein**  
**Educational Director, IHEART Academy and Founder, IHEART**



*Resilience is revealed when misunderstanding falls away. Realising how our psychological system works reconnects us with what is innate, uncovering ever more resilience*



**About our Founder & Academy Director, Terry Rubenstein**

Widely recognised as a leading innovator, thinker, educator, author and speaker in the field of mental health, Terry has taught and impacted countless young people, adults, trainee facilitators, educators and mental health professionals for over a decade. She is the author of two ground-breaking books: "Exquisite Mind – How a New Paradigm Transformed My Life and is Sweeping the World", and "The Peach Who Thought She Had to Become a Coconut", a series of essays on the power of thought and innate resilience.

**The IHEART Story So Far**

Page 4

**Academy: Overview and Faculty**

Page 5

**Facilitator License / Join the Community**

Page 6

**Level 1**

**Become an IHEART Facilitator**

Page 7

**Level 2**

**Advanced Facilitator Training**

Page 8

**Level 3**

**Train the Trainer**

Page 11

**Resilience & Wellbeing Course for School Teachers**

Page 12

**Resilience Curriculum Certification for School Teachers**

Page 13

**Curriculum: Overview**

Page 15

**Curriculum Outline**

Page 16-17

**IHEART for Parents**

Page 18

**IHEART Global**

Page 19

# the iheart story so far...

In early 2017, after much deliberation, the IHEART leadership team made a decision that would have far-reaching impact: the creation of a preventative resilience and mental health educational curriculum for young people. Within weeks, IHEART founder, Terry Rubenstein, and Chair of Trustees, Dana Arenson, got to work and the IHEART Curriculum was born.

Following significant investment of resources, funds and time, the first version of the curriculum was completed in December 2017. An initial group of 12 facilitators were trained to deliver the programme, which was then piloted to a group of 100 pupils in a local London secondary school.

## In the two years since that first pilot:

- + IHEART has been delivered in over **85 Schools** across the UK and numerous other countries including Ireland, Israel, New Zealand, Norway, South Africa, Sweden and the USA
- + Over **4,000 young people** have received IHEART
- + **100 school teachers** have been trained and certified to deliver IHEART
- + **250 facilitators** have been trained and certified to deliver IHEART

**The IHEART Academy was created as an institution of special learning and training dedicated to furthering IHEART's vision of a paradigm shift in mental health education and youth work, so that all young people can access their innate wellbeing and potential to become resilient, contributing members of society.**

To bring this vision into reality, the Academy aims to develop highly skilled and qualified individuals who will ensure that the IHEART Programme is delivered with maximal impact, effectiveness and success to the young people we wish to help.



***The IHEART Curriculum is ready made, it's focused, it's fantastic - I can take it straight into the classroom and deliver a cutting edge resilience programme.***

Robyn Mcfarlane, Teacher



## Academy Overview

The Academy consists of a learning progression of three levels, each one representing a different tier of knowledge and expertise in the IHEART approach. Each level entails an in-depth training course that builds towards an increasing level of enquiry, insight, skill, practical experience and effectiveness in delivery of the IHEART Curriculum.

### Academy Faculty

Our Senior Faculty comprises an outstanding blend of educators, thought leaders, psychologists and pioneers in the field of mental health and resilience education.

Please meet some of them below:

**Terry Rubenstein**

Founder & Educational Director, IHEART Academy; Co-author, IHEART Curriculum

**Dana Arenson**

Chair of Trustees & Co-author, IHEART Curriculum

**Zia Brooks**

Head of Schools & Teacher Training

**Shoshanah Kahan**

Head of Supervision & Mentoring

**Debbie Fisher**

Senior Faculty, Training & Delivery

**John Scott**

Senior Faculty, Training & Delivery

**Stacey Levine**

Senior Faculty, Training & Delivery

**Ruth Wagner**

Operations & Client Relationship Manager

### Educational, Youth & Research Advisory Board

We are also extremely fortunate to have a number of highly skilled and accomplished professionals from the fields of education, youth and research, who play a significant role in guiding the Academy and influencing our work.

### For facilitators

**Level 1**

**Become an IHEART Facilitator**

Train to become a facilitator of the IHEART Curriculum for young people in educational settings



**Level 2**

**Advanced Facilitator Training**

Master delivering the IHEART Curriculum by receiving bespoke personal mentoring and invaluable hands-on classroom experience



**Level 3**

**Train the Trainer**

Having mastered programme delivery, learn to train teachers and school leaders to deliver the IHEART Curriculum

### For school teachers

**Level 1**

**Resilience & Wellbeing Course**

Hands-on introductory course to help all those within a school who work with young people



**Level 2**

**Resilience Curriculum Training**

Adopt our Whole School Approach by training to deliver the IHEART Curriculum to pupils in your own school



**Level 3**

**Train the Trainer**

Having mastered programme delivery, learn to train other teachers and school leaders to deliver the IHEART Curriculum

The entry requirements, content and duration of each course, specific benefits received, and the different certifications awarded to graduates upon completion of each level, are outlined in detail in the following pages.

**I feel mentally stronger...  
the programme is wonderful**

N Gayle

# join the academy community

The **IHEART Facilitator License** is required to ensure ongoing certification, hard copy curriculum and continued access to the IHEART Online Resource Portal, essential in order to deliver the programme.

## **Additional benefits of the Facilitator License:**

- IHEART website listing of individual facilitator profile
- Continued Professional Development opportunities through frequent training webinars
- Tutorial videos, curriculum updates and additional learning
- Podcasts by senior faculty
- Continued input and guidance from the Academy faculty
- A constantly expanding community / peer network of certified facilitators engaged in ongoing learning
- Support from IHEART Head Office including latest research and programme results, and new educational products
- Marketing support and materials
- Guidance from the IHEART Business Development team for engaging with schools and other educational institutions

The licence is required for all facilitators and is paid as a monthly fee

**The IHEART Facilitator Training was probably the most thoroughly prepared and presented course I have attended, offering exceptional value and quality.**

C. Juliff

**A great course with a well resourced and structured curriculum... all humans should learn this**

Z Golding



## **Our Mission**

**We help young people uncover their innate resilience and mental wellbeing**

## **Our Vision**

**A paradigm shift in mental health education and youth work, so that all young people can access their innate wellbeing and potential to become resilient, contributing members of society**

## **Our Core Values**

### **A Unique Form of Caring**

We treat and honor each other with kindness and respect

### **Passion for Learning**

Unwavering commitment to learning and living the IHEART Principles

### **Respectfully Disruptive**

We are unafraid to go against the tide

### **Commitment to Excellence**

We hold ourselves and our work to the highest standards

### **Thoughtful Collaboration**

Our vision can only be realised through aligned partnerships and collaboration

### **Accountability & Ownership**

I've got this

## Level 1: Facilitator Certification

Train to become a facilitator of the IHEART Curriculum for Young People

### Entry requirements

Having submitted an application, you will be invited to an interview during which you will be required to demonstrate a commitment to:

- IHEART's core purpose as a registered charity and working with young people
- Delivering the IHEART Curriculum in schools and other youth settings
- Learning in depth the specific IHEART approach
- Developing your own self-insight and knowledge
- Meeting all the course requirements as outlined below

### Course Outline

#### Module 1: Introduction to the IHEART Principles

- 4 x 1-hour one-to-one sessions introducing the philosophy and foundational principles behind our approach

#### Module 2: In-depth exploration of the Principles

- 5 x 90-minute weekly group webinars with supporting course work and self-assessment questions

#### Module 3: The IHEART Curriculum

- 4 x workshop days – an in-depth exploration of all 14 curriculum sessions plus the fundamentals of classroom management

#### Module 4: Practicum Delivery

- 2 x workshop days – hands-on practice in curriculum delivery through teaching to peers and the IHEART faculty, followed by debriefing, feedback and assessment (4 weeks after Module 3)

#### At the conclusion of Module 4, you will receive:

- The full hard copy curriculum
- Access to the IHEART Online Resource Portal – enabling programme delivery and including all lesson plans, teaching slides, classroom activities, video clips and animation videos



**Course duration:** 3 months

#### Graduates receive:

+ **Facilitator Certification**,  
Enabling teaching of the IHEART Curriculum to groups of young people aged 10-18 in schools and youth settings

#### Knowledge & skills gained:

+ A strong understanding of the core principles behind the IHEART approach

+ An in-depth exploration of the 14-session IHEART Curriculum

+ The practice and skills of curriculum delivery to groups of young people

#### Next Steps:

+ Eligibility to progress to Level 2, Advanced Facilitator Certification

## Level 2:

### Advanced Facilitator Certification Classroom Experience

Master delivering the IHEART Curriculum in schools by receiving bespoke personal mentoring / coaching and invaluable hands-on classroom experience\*

#### Entry requirements

Facilitators who have successfully completed Academy Level 1 and post-course self-assessment will be invited to an interview during which you will be required to demonstrate a commitment to further:

- Developing practical expertise in classroom delivery through in-school experience
- Receiving individual mentoring / coaching from Academy faculty
- Deepening knowledge and self-insight of the IHEART approach

#### Course outline

##### Module 1: Deepening of Understanding

- 3 x seminar days
- 3 x one-to-one mentoring sessions
- Attendance at weekly group supervision sessions with fellow students and Academy faculty

##### Module 2: Classroom Management Skills - ongoing practice of curriculum delivery

- 3 x practicum days

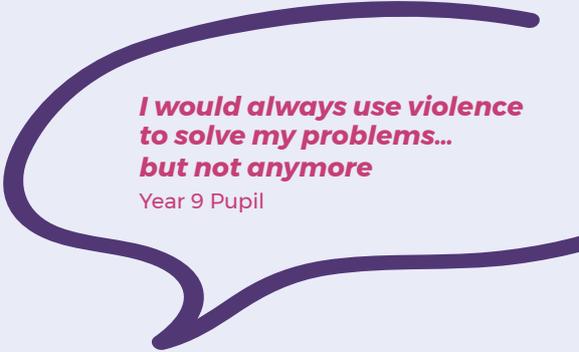
##### Module 3: Delivery Experience - bringing the curriculum to life inside the classroom

- Classroom observation of a full programme including preparation and debrief
- Co-delivery of a full programme alongside a senior member of the London team\*\*
- 3 x one-to-one mentoring sessions for reviewing classroom delivery and feedback
- Assessment interview at conclusion of programme with senior Academy faculty

\*Can be attended either in person or live online

\*\*For those unable to attend London-based classroom sessions, you will instead be required to:

- Observe entire programme delivery by IHEART senior team via recorded classroom sessions
- Independently deliver at least 2 full IHEART programmes in location where you are based and self-record sessions for review and feedback



*I would always use violence to solve my problems... but not anymore*

Year 9 Pupil



**Course duration:** 4 months  
Exact duration contingent on classroom delivery opportunities

#### Graduates receive:

**Advanced Facilitator Certification**

#### Knowledge & skills gained:

- + Extensive hands-on personal mentoring, real-time feedback and coaching from senior faculty
- + Invaluable practical classroom experience by observing and participating in programme delivery
- + Enhanced delivery skills
- + Best classroom management practice and theory

#### Next Steps:

- + Eligibility to progress to Level 3, Train the Trainer (subject to passing assessment and interview)
- + Opportunities to join the core IHEART school delivery team



*As someone who writes, pilots and edits educational curriculum resources, I recognise the huge amount of work that has gone into developing such an incredibly life-changing programme. The training itself had a deeply profound personal effect, invigorating me to support transforming the innate mental health, wellbeing and resilience of our young people here in Scotland.*

*M. Leucci*







I love  
teaching  
again



**Course duration:** 6-12 months  
Exact duration contingent on  
classroom delivery opportunities

**Graduates receive:**

**Train the Trainer Certification**

**Graduates are able to:**

- + Train school teachers to deliver the IHEART Curriculum to their pupils
- + Expand and grow IHEART wherever you are based in the world

**Next Steps:**

- + Become a core member of the IHEART senior delivery team
- + Become eligible to join the IHEART Academy faculty (subject to interview)

## Level 3: Train the Trainer Certification

Having mastered curriculum delivery, learn to train teachers and school leaders to deliver the IHEART Curriculum through a highly personalised course building your expertise as an IHEART trainer

### Entry requirements

In order to be considered for this highly advanced course, applicants will have:

- Fully completed Levels 1 and 2
- Taught three complete IHEART programmes to groups of young people which have been observed / assessed by Academy faculty, either in-person or by video recordings
- Filled out the assessment form with personal mentor and passed satisfactorily, including a clear awareness of where improvement and further learning is required
- Demonstrated a high level of understanding of the IHEART approach
- Demonstrated a commitment to ongoing self-learning, indicated through mentor assessment and interview

### Course outline

#### Module 1: Advanced Personal Development

- 15 x one-to-one mentoring sessions with senior faculty (spread over 6-month period)
- Sessions will robustly challenge and enrich your self-understanding

#### Module 2: Advanced Professional Development

- Recording and submission of your delivery of an entire IHEART programme
- Sessions to be debriefed with personal mentor and to meet satisfactory teaching standards

#### Module 3: Track Record of Programme Delivery

- Delivery of 10 full IHEART programmes to groups of young people
- Demonstrate evidence of successful delivery and impact on pupils, including written recommendations / testimonials

#### Module 4: Train the Trainer Experience

- 2 x co-deliveries of Level 1 Facilitator / Teacher Training courses alongside IHEART senior faculty
- Pass final faculty assessment and quality assurance to assess readiness

## Level 1: Resilience & Wellbeing Course for School Teachers

### Whole School Approach

Designed as a hands-on introductory course to help all those within a school who work with young people, this training is suitable for teachers, senior leaders, administration staff and teaching assistants. Participants learn to uncover their own innate capacity for wellbeing and resilience in order to manage stress, time pressures and challenging circumstances within the educational profession.

The course can be run in one school for up to 30 staff or can be attended by the same number of people from multiple schools across a multi academy trust.

### Topics covered include:

- The true source of stress, anxiety and other feelings
- The relationship between feelings and thoughts
- Pressure and deadlines
- Dealing with challenging behaviour of pupils and others
- Managing our own behaviour
- Responding vs Reacting
- Listening and Communication
- Relationships with colleagues, pupils & parents / guardians

### After completing this course, participants will be able to better:

- Deal with the many demands placed on them in the field of education
- Navigate personal and professional challenges with more confidence, wellbeing and resilience
- Manage feelings of stress and overwhelm
- Handle difficult situations and conversations with pupils and colleagues
- Recover quicker from setbacks and disappointments
- Access more peace of mind and clarity at work and home
- Experience the joy and passion of working with young people
- Understand the core principles behind the IHEART approach and their relevance and application to everyday life



**This course encourages teachers to look within and see how their own thinking can impact on their experience**

A Hart, Chislehurst School for Girls



**Course duration:** 8 weeks  
Consisting of weekly 90-minute twilight sessions at a host school site

### Graduates receive:

**Resilience and Wellbeing Certificate**

### Next steps:

+ Eligibility to progress to Level 2 - Curriculum Certification for School Teachers (see page 13)

+ Bring the IHEART programme to the pupils of your own school (see pages 16/17)

+ Learn about the IHEART approach in more depth to experience the practical benefits of this understanding for themselves



**Have already recommended it to fellow teachers as this will change the way they approach issues**

B Saga, Riddlesdown College



**Course duration:** 3 months

On a weekly basis

**Graduates receive:**

**Facilitator Certification for Teachers**, enabling delivery of the IHEART Curriculum to pupils aged 10-18 in their own schools.

**They will also have:**

+ The full hard copy curriculum

+ Access to the IHEART Online Resource Portal – enabling programme delivery and including all lesson plans, teaching slides, classroom activities, video clips and animation videos

**Knowledge & skills gained:**

+ A strong understanding of the core principles behind the IHEART approach

+ Explored in depth the content of the 14-session IHEART Curriculum

**Next Steps:**

+ Self delivery of the IHEART Programme in your school

+ Continued Professional Development through the Academy's ongoing learning opportunities

+ Eligibility to progress to Level 3, Train the Trainer (subject to passing assessment and interview)

## Level 2: Curriculum Certification for School Teachers

### Whole School Approach

Training teachers, staff and school leaders in the iheart curriculum is essential to realising the vision of the iheart Academy. This course enables professionals in the field of education to become knowledgeable and skilled in delivering the programme to pupils. This ensures that long term impact of the iheart approach is sustainably embedded across the whole school environment.

#### Entry requirements:

Teachers and/or other education staff must have already completed the iheart Level 1 Wellbeing and Resilience for Teachers course.

#### Course outline

##### Option 1

10 x 2-hour online training sessions – an in-depth exploration of all curriculum sessions and iheart curriculum delivery best teaching practice. This course would normally be run over ten weeks as twilight sessions.

##### Option 2

A bespoke online training to be delivered at a time suitable to the school or group of schools (contact the iheart Academy for more details)

At the conclusion of this course teachers will receive:

- The full hard copy curriculum
- Access to the iheart Online Resource Portal – enabling programme delivery and including all lesson plans, teaching slides, classroom activities, video clips and animation videos.

Knowledge and skills gained

- A strong understanding of the core principles behind the iheart curriculum and the content and pedagogical approach of the whole curriculum.

Next steps:

- Self-delivery of the iheart curriculum in your school
- Continued Professional Development through the Academy's ongoing learning opportunities, such as: group supervision, further mentoring or developing a iheart whole school wellbeing strategy .

Eligibility to progress to Level 3, Train the Teacher (subject to passing assessment and interview)

**“The best decision we made was for our teachers to be trained in iheart”**

Rani Chahal, Bromley Beacon Academy



# curriculum overview

**The IHEART curriculum is a unique contribution to the field of young people’s preventative mental health education**

This carefully structured programme, built on a scaffolded approach to learning, is delivered over the course of a minimum of ten sessions, each with its own clear learning objective and a mix of interactive discussions, activities, self-reflections, summary slides, animations, videos and group exercises.



***I am staggered by the positive results we got with this intervention***



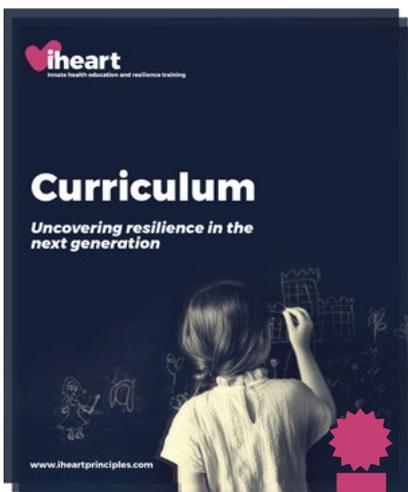
Ben Jones, Assistant Head Teacher,  
Langley Park School for Boys

## **Part 1 Foundations: The Logic of How Our Mind Works**

Participants learn in depth about their in-built potential and mental health by discovering how the mind creates all our realities, feeling states, moods and behaviours. This is the gateway for exploring the misunderstandings that create barriers to their natural resilience and wellbeing. Understanding the crucial connection between thought and feeling is the salient learning objective of Part 1.

## **Part 2 Applications: Addressing the Daily Challenges Facing Young People**

Based on the foundational logic established in Part 1, a range of the most relevant issues facing young people are explored, including: stress and anxiety; anger and conflict; prejudice and intolerance; bullying and bad behaviour; social media; identity and self-image; addictive and compulsive behaviours; and barriers to motivation and learning.



For a more detailed description of programme content, please refer to the Curriculum Outline on pages 16 & 17.

# curriculum outline

## Part 1. Foundations

### The Logic of How Our Mind Works

#### Session 1 **What is IHEART?**

Exploring how resilience and wellbeing is built-in to each and every one of us, and seeing the relevance of this learning

#### Session 2 **Our Amazing Psychological System**

Learning how our psychological system is an intelligent operating system which is perfectly equipped to deal with life

#### Session 3 **We Have Everything We Need Inside of Us**

Discovering how qualities such as resilience, wisdom, compassion and peace of mind are innate and realising the true source of our wellbeing, allowing us to experience more of our built-in resilience

#### Session 4 **Where Do Our Feelings Come From?**

Discovering why it is so important to know the source of our emotions and exploring where feelings seem to come from and where they *actually* come from

#### Session 5 **Feelings Come From Thought**

Establishing the inseparable connection between Thought and feeling leading to an understanding how only Thought - and nothing else - can create a feeling in us

#### Session 6 **So, What is Thought?**

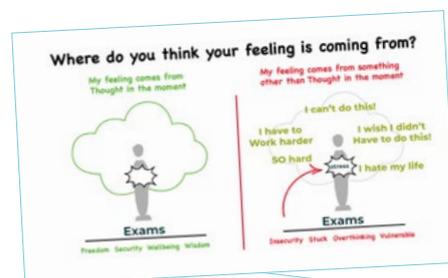
Learning how, in every moment, we experience the world through the constant life-force that is Thought and understanding the difference between the fact that we think and the content of what we think

#### Session 7 **Separate Realities**

Introducing the implications of this logic - that we all experience our own thinking - providing a gateway to exploring the barriers to healthy relationships

***In the past I felt like I can't pick myself back up. But now I feel like I can face any challenge***

Year 6 Pupil



***IHEART has helped me with my emotions. If it hadn't, my depression would probably have overloaded me and I wouldn't be here today. IHEART is now a big part of my life.***

Year 11 Pupil

## Part 2. Applications

### Daily Challenges Facing Young People

#### Session 8 **Making Sense of Worry, Stress & Anxiety**

Knowing where anxiety and worry comes from – rather than attributing these feelings to outside factors – empowers the confidence to handle stress and life's challenges

#### Session 9 **Appreciating Difference:**

##### **The source of prejudice and what makes acceptance possible**

The emergence of greater respect for difference emerges when we understanding how conflict and intolerance are born of the insecure thinking that someone should think, be or look a certain way in order for us to feel secure and comfortable

#### Session 10

##### **Understanding Bullying, Bad Behaviour & Anger**

Through learning that no one has the power to make us feel bullied or inadequate – however aggressive or poor their behaviour – empowers us to deal with aggressive or bullying behaviour in a considered and appropriate way

#### Session 11 **Self-image & Identity: Labels are for Jars!**

Appreciating that we are not born with a self-image or identity – we are born with a clean slate – means that we are not defined or limited by our experiences

#### Session 12 **Using Social Media Without it Using You**

When we see where our feelings are coming from in the moment, we understand that Facebook, Instagram and Snapchat do not have the power to create a feeling in us, enabling us to engage with social media from a place of security

#### Session 13 **The Misunderstanding that Drives Addictive & Compulsive Behaviour**

When we understand that all habits and addictions are the result of misunderstanding where our feelings come from, we appreciate that addictive behaviour never gives us a solution; at best, it may offer temporary relief or superficially distract us

#### Session 14

##### **Overcoming the Barriers to Learning & Motivation**

We are all born with an immense capacity to unconditionally absorb and learn as every person is connected to a mind that has innate intelligence and infinite potential for learning new things



## Raising Resilient Children

### Parenting course led by Terry Rubenstein and IHEART Academy faculty

The Academy's vision includes educating parents / carers in the IHEART approach in order to help build a common understanding of wellbeing in the parent-child relationship and a culture of resilience across whole families.

Based on the IHEART Resilience Curriculum for Young People, this innovative course is for any parent who wishes to learn about their own innate resilience in order to raise resilient children. In learning the fundamental principles of parenting from the inside-out, the potential exists for a transformative approach to raising children.

This course is relevant for those who are new to the IHEART approach as well as those with a strong background, including facilitators. Couples and individual parents / carers are welcome.

#### Course outline

##### Module 1: The Foundations of Resilient Parenting

- Introductory one-to-one session for each parent / couple (in person or via zoom call)
- Half-day seminar: "Accessing your own resilience as a parent"
- 4-part online webinar course to be watched in own time

##### Module 2: Resilient Parenting in Action

- 5 x weekly group workshop sessions
- 2 x one-to-one mentoring sessions for each parent / couple (in person or via zoom call)
- Half-day final seminar: "Putting the learning into practice"

##### Module 3: Personal Coaching with Academy Faculty

- 2 x one-to-one online mentoring sessions to deepen self-understanding of the IHEART approach

The course is held at the IHEART centre in NW London, but for those unable to attend seminars or sessions in person due to geographic location, live online participation is available.

**Course duration: 8 weeks**

#### Upon completing this course, parents will have:

+ The confidence and skills to manage challenging situations and help your kids overcome setbacks and adversity

+ An in-depth understanding of the fundamental principles behind effective parenting

+ 20 hours of input from a range of parenting and educational experts via group workshops, one-to-one mentoring and online learning

+ Opportunities to join the IHEART Academy and become a certified facilitator of the IHEART Curriculum

**I am so grateful at having crossed paths with IHEART. Thank you for giving hope to so many people.**

Rosanne de Giorgio, Spain

# a global project

As demand to share the IHEART programme has grown, trainee facilitators have quickly found their way to us from different parts of the world. From Athens to Antwerp, Boston to Belfast, Dublin to Dubai, Hampshire to Helsinki, Jerusalem to Johannesburg, New York to New Zealand to Norway, Seattle to Sydney, and Scotland to Sweden, the Academy has rapidly become an international hub for ongoing learning in the IHEART approach.

Graduates have then taken their understanding and skills back to their local environments, where they have delivered programmes to young people in schools and youth settings. Curriculum translations have been undertaken or are being planned in a number of languages, while IHEART branches are now being set up in multiple international locations.

Level 1 Facilitator training courses have been previously run in the USA, Spain and New Zealand.

Please contact the Academy to bring an IHEART Facilitator Training or Training for School Teachers to your part of the world.

[www.iheartprinciples.com](http://www.iheartprinciples.com)



# be part of the mental health solution...

**Join the IHEART Academy and train to deliver the  
acclaimed IHEART Curriculum for Young People**

**Register now for a 2020 course**

[info@iheartprinciples.com](mailto:info@iheartprinciples.com)

[www.iheartprinciples.com/academy](http://www.iheartprinciples.com/academy)

 **iheart academy**

**Innate Health Education and Resilience Training**

**[www.iheartprinciples.com](http://www.iheartprinciples.com)**

On-site training courses take place at the IHEART Centre:  
66 Brent Street, London NW4 2ES  
**020 8912 1216**

IHEART is a registered charity (number: 1173025) dedicated to educating young people about their natural resilience, innate health and mental wellbeing.

