

5 concepts

Each concept is a stand-alone, but they are complementary and equal a 360 approach to strengthen the culture of well-being and school communities in general.

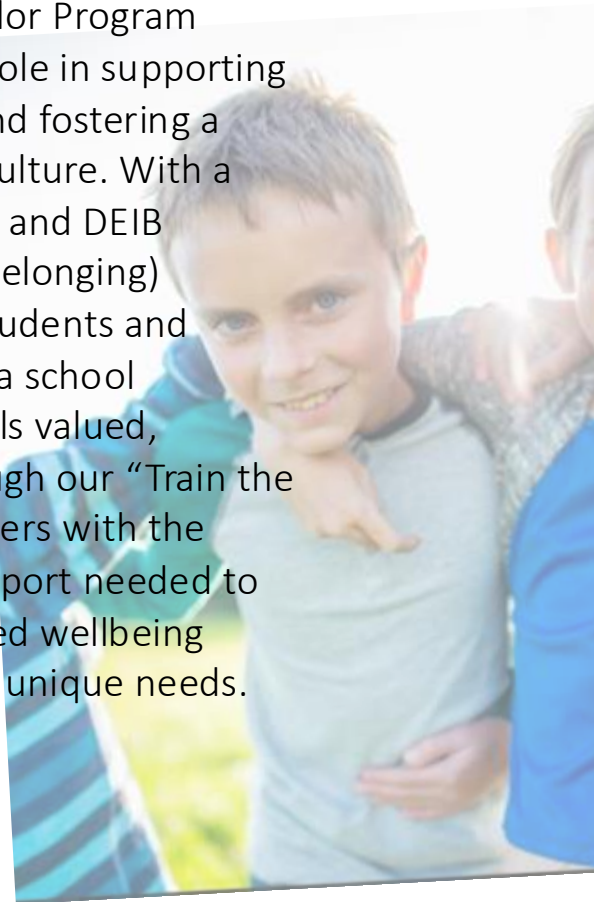


Student Wellbeing Ambassador Program

Empower your students to lead, connect, and create a culture of wellbeing in your school.

Transform student wellbeing from the inside out.

Our Student Wellbeing Ambassador Program trains students to take an active role in supporting their peers, building resilience, and fostering a healthier, more inclusive school culture. With a foundation in Positive Psychology and DEIB (Diversity, Equity, Inclusion, and Belonging) principles, this program equips students and teachers with the tools to create a school environment where everyone feels valued, connected, and supported. Through our “Train the Trainer” model, we provide teachers with the skills, resources, and ongoing support needed to establish a sustainable, student-led wellbeing initiative tailored to your school’s unique needs.



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Why Schools Love This Program

- Empowers Student Peer Leaders:** Students gain leadership and peer-support skills that help create a safe, inclusive community for all.
- Builds a Self-Sustaining Culture:** Teachers are equipped with adaptable training methods that reduce dependence on external resources and ensure the program's longevity.
- Creates a Positive, Inclusive Environment:** Activities are designed to foster empathy, belonging, and mutual respect among students.
- Provides Resources and Follow-Up Support:** Access to workbooks, online resources, and regular follow-ups ensure the program remains impactful and easy to maintain.

Flexible Training Options for Schools

1. On-Site Teacher Training:

We come to your school to work directly with teachers, providing practical guidance in Positive Psychology techniques, mentorship skills, and program implementation. Our on-site support is customised, giving teachers confidence and readiness to launch the program in their unique school setting.

2. 3-Day Wellbeing Workshop:

Teachers from any school can attend our immersive workshop, designed to equip them with all the skills and resources they need to bring the Wellbeing Ambassador Program back to their schools. The workshop includes collaborative sessions where educators exchange ideas, share challenges, and gain inspiration from peers.

Who This Program Is For

Perfect for schools that want to:

- Develop students' leadership and peer-support skills
- Establish a lasting, self-sustaining wellbeing program led by students and guided by trained staff
- Build a supportive culture around mental health, resilience, and belonging

What's Included

- Train the Trainer Sessions:** Skill-based training for teachers in Positive Psychology, wellbeing exercises, and mentoring, designed to build long-term impact and sustainable support systems.
- 8-Week Student Curriculum:** A ready-to-use, research-based program covering activities like meditation, breathwork, empathy exercises, and community-building skills.
- Student Ambassador Workbook:** Each ambassador receives a comprehensive workbook with wellbeing exercises, reflection prompts, and peer-support resources.
- Follow-Up Support & Resources:** Schools have ongoing access to digital resources, monthly check-ins, and support tools to keep the program fresh, impactful, and adaptable.

Program Highlights

Empowered Teachers, Confident Students

Our “Train the Trainer” model empowers teachers to mentor student ambassadors, while students gain peer-support and leadership skills that positively impact the school environment.

Building Connection and Belonging

The program emphasises peer-led support, helping students form meaningful connections, reduce isolation, and foster a sense of belonging. Trained ambassadors gain skills in empathy, communication, and leadership that ripple through the school community.

Follow-Up & Continuous Support

Schools have access to regular check-ins, a community portal, and additional resources to ensure program success, adaptability, and long-term impact.



Recognition & Alignment with Global Programs

Our Wellbeing Ambassador Program fosters resilience, leadership, and community-mindedness while aligning with recognized international frameworks. Students can use their ambassador experience to fulfil components of the following programs:

- **Duke of Edinburgh's Award (DofE):** Students complete Volunteering and Skills sections through peer support and skills training, including empathy, communication, and leadership.

- **IB CAS Hours (Creativity, Activity, Service):** The Wellbeing Ambassador Program offers IB students structured opportunities for CAS requirements:

- **Creativity:** Leading peer activities and designing support initiatives for school wellbeing.
- **Activity:** Engaging in breathwork, mindfulness, and other interactive wellbeing exercises.
- **Service:** Fulfilling the Service requirement through meaningful peer support that benefits the school community.



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Family Camps

Strengthening school-family connections through immersive, growth-focused experiences.

Build lifelong bonds and a strong sense of belonging. Body Mind Academy Family Camps offer a unique opportunity for students and their parents to connect meaningfully at key stages in their school journey. Designed for both **School Starters** and **Grade 7 Students**, these camps provide age-appropriate activities that foster connection, resilience, and open communication. Each Family Camp supports families in navigating important transitions, reinforcing a strong home-school partnership, and creating a culture of inclusion and belonging.

Camp 1: School Starters Family Camp

Helping families and young students feel at home as they start their school journey.

Overview Starting school is a big milestone for young students and their families. The School Starters Family Camp is designed to make this transition smoother and more welcoming, offering parents and children a comfortable, engaging environment to connect with their school community. Through activities that encourage teamwork, exploration, and play, families become familiar with the school environment, build early relationships with staff, and establish a foundation of trust and belonging.



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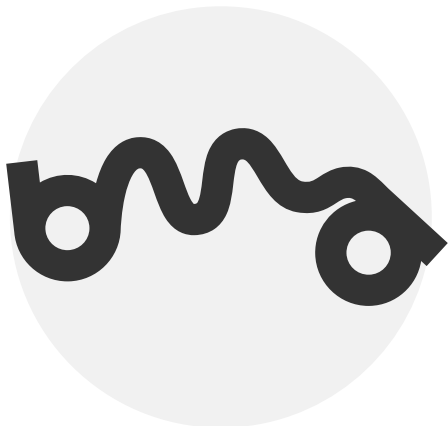


Key Benefits

- Ease the Transition into School Life:** By spending time together on school grounds, families become familiar with the school setting, making the transition less daunting for both children and parents.
- Strengthen Home-School Connections:** Shared activities allow parents, children, and staff to build a collaborative approach to learning from the start.
- Cultivate Belonging and Comfort:** Early connections with staff and other families establish a strong sense of community, making children feel at home in their new school environment.

Camp Structure

- Pre-Camp Planning:** We meet with school leadership to tailor activities to the school's culture and address the unique needs of new students and families.
- Camp Night Activities:** Interactive sessions focused on play, team-building, and creative learning experiences help children feel safe, confident, and excited about their new school.
- Overnight Adventure:** Families camp out on school grounds for one night, fostering a sense of adventure and creating lasting memories.
- Post-Camp Reflection:** A follow-up session with families and staff to reinforce connections, share insights, and discuss ongoing ways to support one another.



Camp 2: Grade 7 Family Camp

Strengthening parent-child connections during a key time in adolescence.

Overview

The Grade 7 Family Camp supports families through the transitional period of early adolescence—a time when students are building independence and beginning to explore their identities. This camp helps parents and children reconnect meaningfully, encouraging open communication and empathy. Through resilience-building activities and team challenges, parents and students gain tools to support each other while fostering a deeper sense of belonging within the school community.

Key Benefits

- Reinforce Parent-Child Bonds:** This camp provides a safe, structured environment for parents and children to strengthen their relationship, promoting understanding and trust.
- Build Resilience Together:** Through shared challenges, parents and students learn strategies for managing change and supporting each other's growth.
- Create a Sense of Belonging:** Group activities and discussions build a supportive network of families, fostering a culture of inclusion and mutual support within the school.

Camp Structure

- Pre-Camp Customization:** A planning session with school staff to ensure activities align with the needs of Grade 7 students and their families.
- Camp Night Activities:** Facilitated activities that encourage communication, teamwork, and resilience, giving families practical tools to support each other's personal growth.
- Overnight Camping Experience:** A one-night campout on school grounds, breaking routine and offering parents and children a unique bonding experience.
- Post-Camp Reflection:** A debrief session with families, students, and staff to reflect on the experience, share insights, and reinforce the connections made.



Our Approach

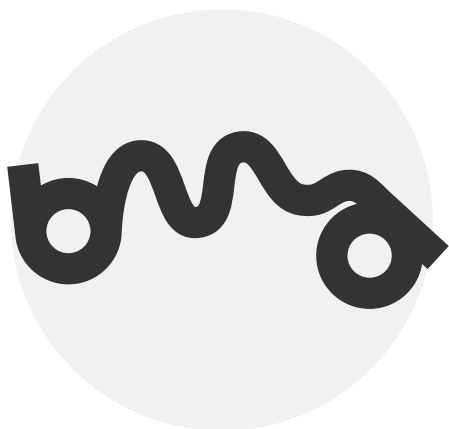
At Body Mind Academy, we take care of the entire Family Camp experience—from pre-camp planning to post-camp debrief. We guide each session, using Positive Psychology practices, character-building exercises, and reflection activities tailored to the developmental needs of each group. Our approach ensures that every family feels supported, engaged, and valued throughout the camp experience.

Building a Culture of Belonging and Support

Family Camps are designed to cultivate a sense of belonging and community—a core aspect of DEIB (Diversity, Equity, Inclusion, and Belonging). By fostering empathy, understanding, and open communication between students, parents, and staff, Family Camps help create an inclusive school environment where every member feels seen, supported, and valued.

Ready to Strengthen School-Family Connections?

Our Family Camps offer schools a unique, impactful way to bring families together, building a resilient, connected community that extends beyond the camp experience. With a blend of adventure, teamwork, and guided reflection, each camp is a valuable opportunity to strengthen the bonds that make a school community thrive.



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Leadership Retreat

on Denmark's Northern Coast

Rediscover your energy, purpose, and clarity in a retreat designed exclusively for school leaders.

Are the demands of school leadership affecting your well-being and focus?

Join us for a 3-day immersive retreat on Denmark's stunning northern coast—a chance to step away, reconnect with nature, and renew your sense of purpose. Designed specifically for school leaders and administrators, this retreat will equip you with resilience tools, a supportive network, and time to rediscover balance and clarity.

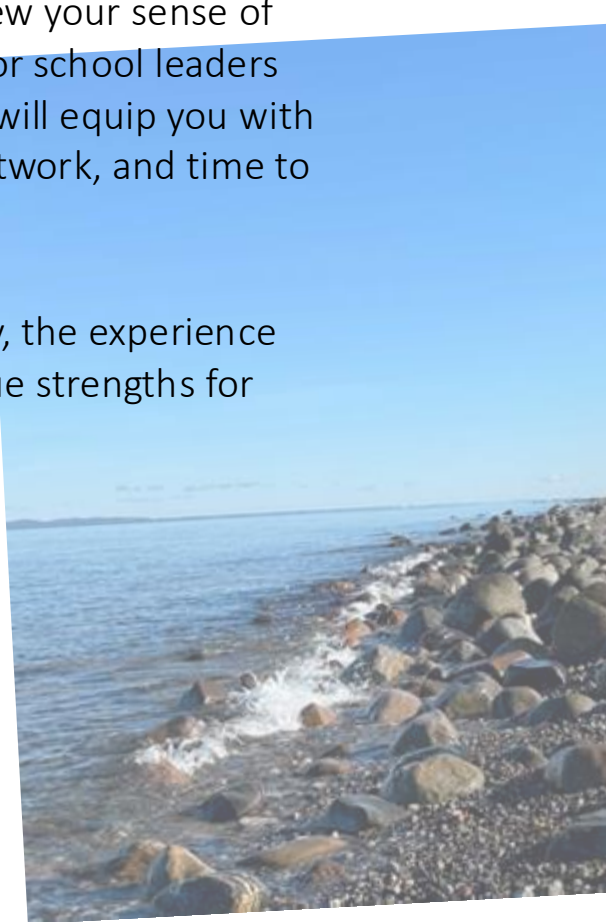
Grounded in Positive Psychology, the experience will help you harness your unique strengths for authentic, impactful leadership.



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Who This Is For

Ideal for education leaders who seek:

- A meaningful pause to reconnect with core values and purpose
- Practical tools for focus, resilience, and effective decision-making
- A supportive community of peers who understand the demands of educational leadership

What You'll Gain

- Sharper Focus & Clarity** for decision-making and purposeful leadership
- Resilience Techniques** for managing stress and sustaining energy
- Connection with Nature** to inspire reflection and insight
- A Network of Peers** offering ongoing support beyond the retreat

Retreat Highlights

Mind - find calm and focus with mindfulness and breathwork techniques designed to reduce stress and ground you, even in high-pressure moments. Visualisations and reflective exercises bring clarity to what truly matters in your role.

Body - experience nature's power on Denmark's northern coast with morning coastal walks, grounding exercises, and hot/cold therapy, blending refreshing seawater dips with warm sauna sessions to release tension and restore physical energy.

Heart - forge meaningful connections with fellow leaders through Positive Psychology and Character Strengths exercises. In community circles, explore and celebrate your unique strengths, fostering a sense of respect and mutual support.

Spirit - reconnect with purpose through intuition and awareness training, helping you to "sense" the dynamics within your school community. Guided visualisations and moments of silent reflection reconnect you with your values, inspiring a renewed vision for leadership.

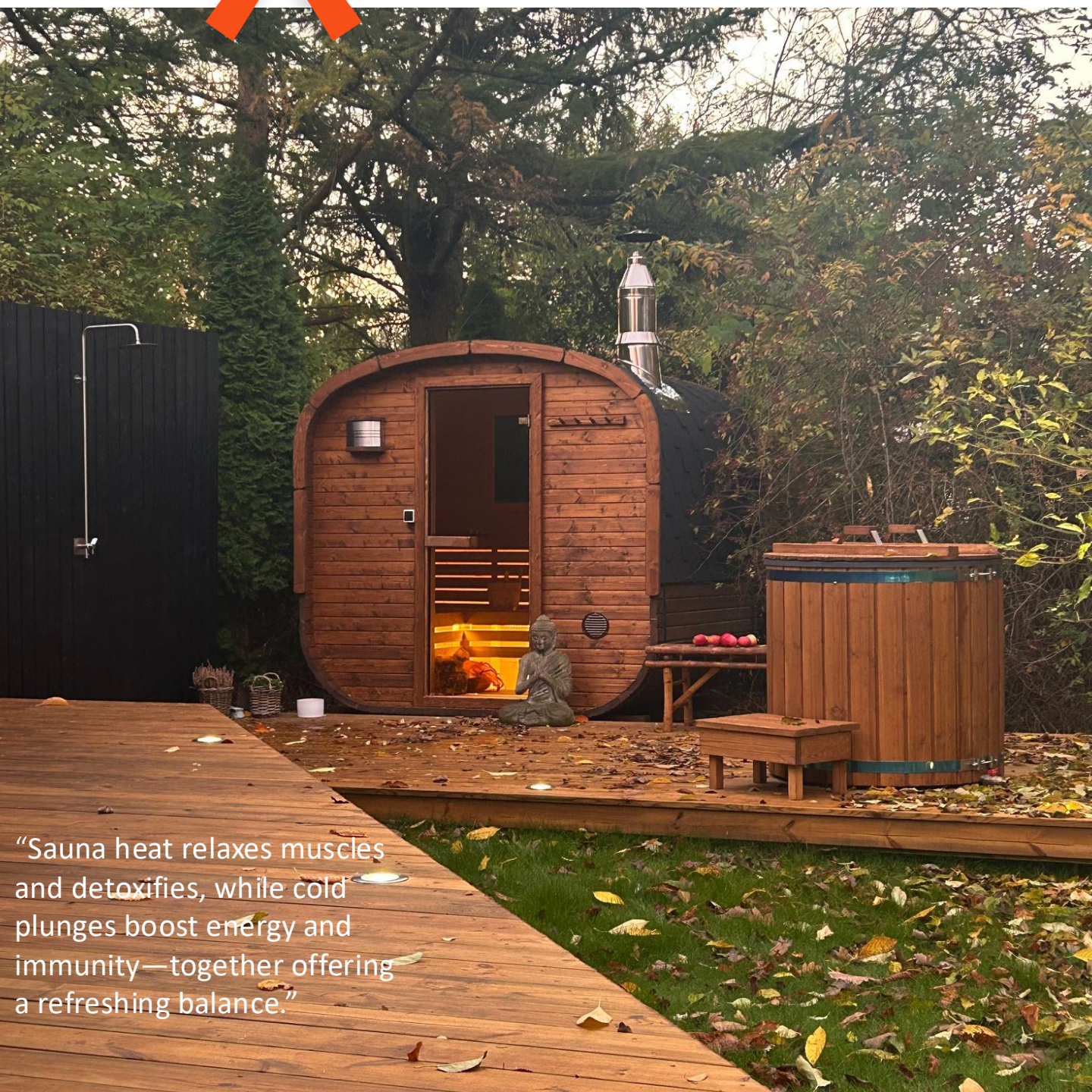
Your Journey Starts Here



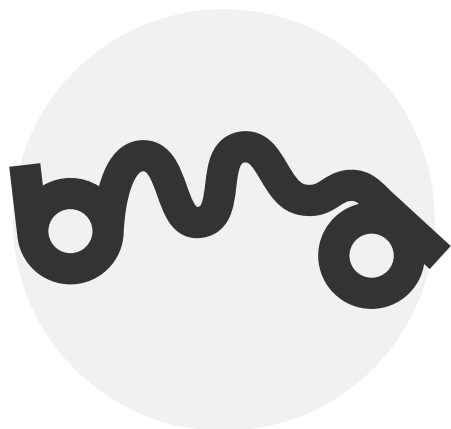
Location: Denmark's Northern Coast

Duration: 3 Days

Availability: Limited spaces to ensure a personalised experience.



“Sauna heat relaxes muscles and detoxifies, while cold plunges boost energy and immunity—together offering a refreshing balance.”



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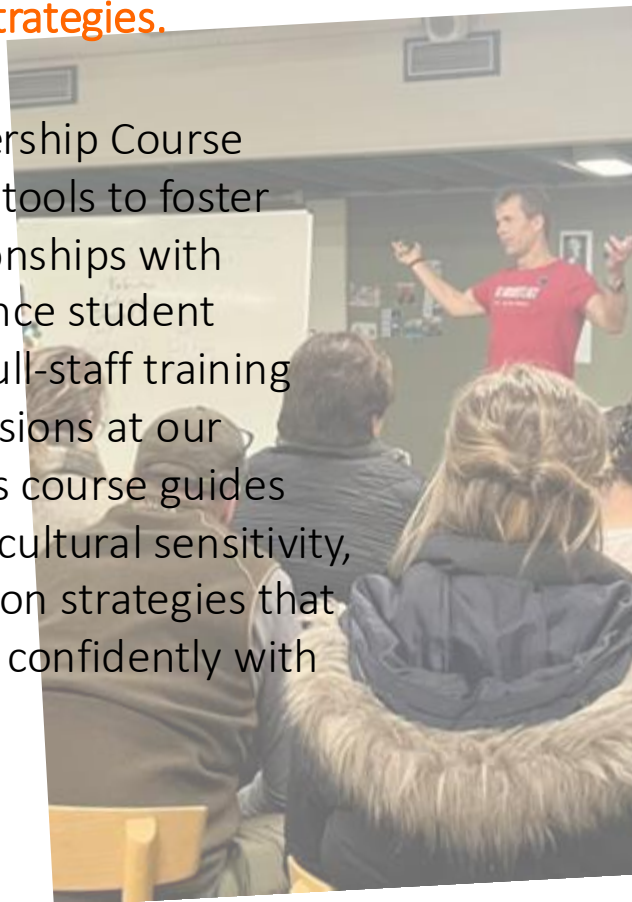


Parent Teacher Partnership Course

Empowering educators to create strong, supportive relationships with parents for student success.

Strengthen school-family connections with practical, research-based strategies.

Our Parent-Teacher Partnership Course equips educators with the tools to foster positive, productive relationships with parents that directly enhance student outcomes. Available as a full-staff training on-site or as individual sessions at our Copenhagen Academy, this course guides teachers in trust-building, cultural sensitivity, and effective communication strategies that empower them to partner confidently with parents.



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Why Schools Choose This Course

- Boost Student Success:** Strong parent-teacher partnerships are proven to improve student engagement, behaviour, and academic achievement.
- Support Educators with Challenging Conversations:** Learn to handle difficult topics with professionalism, empathy, and confidence, using proven de-escalation techniques.
- Cultivate Inclusive, Positive Communication:** Rooted in DEIB (Diversity, Equity, Inclusion, and Belonging), the course enhances cultural sensitivity, helping teachers connect with all families.

Course Highlights

1. Foundations of Trust and Rapport

Explore the ABCD Trust Model and gain strategies for building rapport through culturally sensitive, inclusive communication techniques. Teachers learn to establish open, respectful dialogue that lays the groundwork for productive partnerships.

2. Creating a Communication Plan

Develop structured communication strategies, including newsletters, conferences, and technology-based outreach, that ensure parents feel informed and involved. Teachers create customised communication plans aligned with their classroom needs.

3. Managing Sensitive Conversations with Confidence

Gain skills for navigating challenging conversations professionally, including de-escalation techniques and resilience practices grounded in Positive Psychology. This module provides tools for self-care to support educators in maintaining their well-being.



4. Building Collaborative Relationships

Learn to actively engage parents in co-creating student learning goals, involve families in classroom activities, and connect parents with resources. This module focuses on creating a collaborative school environment that values family participation.

5. Fostering Belonging Through Inclusive Practices

Apply adaptive communication strategies that respect diverse family backgrounds, helping every family feel welcomed and valued. This segment emphasises belonging, a core DEIB principle, ensuring all families feel connected to the school community.

Flexible Training Options

- On-Site Whole-Staff Training:** Bring the course directly to your school for a unified, school-wide approach to parent engagement.
- Individual Sessions in Copenhagen:** Educators can attend individual sessions at our Academy for a personalised, hands-on experience.





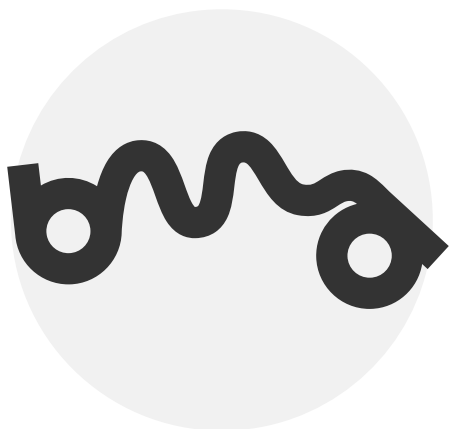
Ready to Build Lasting Parent-Teacher Partnerships?

Our Parent-Teacher Partnership Course provides schools with a flexible, impactful approach to enhancing family engagement, building trust, and supporting educators in every interaction.

Contact Us to Learn More

Schedule a consultation to explore how we can tailor this course to fit your school's unique needs.

[Read more about Kidz Academy](#)



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School Well-being Consulting

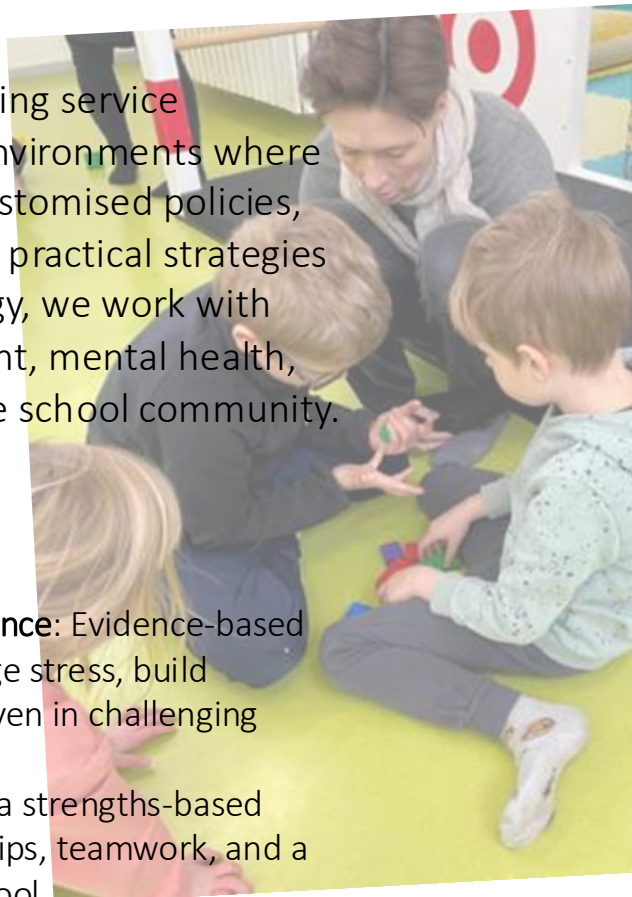
Build a thriving, resilient school community with tailored wellbeing solutions that deliver real results.

Support your school community with a proven, research-backed approach to wellbeing.

Our School Well-being Consulting service empowers schools to create environments where everyone can flourish. With customised policies, strengths-based coaching, and practical strategies grounded in Positive Psychology, we work with your team to boost engagement, mental health, and resilience across the entire school community.

Why Schools Choose Us

- **Enhanced Staff and Student Resilience:** Evidence-based practices to help individuals manage stress, build confidence, and stay motivated - even in challenging times.
- **Positive School Culture:** We foster a strengths-based approach that enhances relationships, teamwork, and a sense of belonging across your school.
- **Improved Performance and Engagement:** Research shows that wellbeing initiatives lead to higher levels of engagement, satisfaction, and academic achievement.
- **Long-Term Impact:** Our approach equips your school community with practical tools for ongoing mental health, resilience, and sustainable well-being growth.



What We Offer

- **Wellbeing Policy Development:** We'll help you create a policy that is both comprehensive and practical, aligning with the latest Positive Psychology research to promote mental health and resilience throughout the school.
- **Strengths-Based Coaching & Mentoring:** Our expert coaching sessions for leaders, teachers, and staff focus on identifying and leveraging Character Strengths to cultivate self-efficacy, resilience, and a positive school climate.
- **Tailored Wellbeing Programs:** Using insights from initial assessments (surveys, interviews, and observations), we design bespoke programs that reflect the unique strengths and challenges of your school community.
- **Impact Measurement & Ongoing Support:** With regular progress tracking and follow-up sessions, we help you implement and adapt wellbeing practices, ensuring that positive change is measurable and sustainable.





Our Consulting Process

1. Discovery & Relationship Building

We start with a comprehensive assessment to understand your school's culture, wellbeing priorities, and current practices. Through surveys, interviews, and meetings with leaders, we gather valuable insights to inform tailored recommendations.

2. Policy & Strategy Development

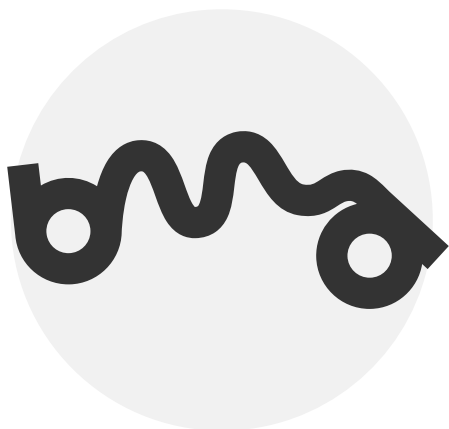
Based on our findings, we collaborate with school leadership to design a wellbeing policy and action plan that reflect your school's specific goals and challenges. This plan incorporates Positive Psychology practices and provides clear, actionable steps for the entire school.

3. Strengths-Based Coaching Sessions

We offer targeted coaching and mentoring sessions to develop Character Strengths, improve stress management, and build resilience in staff and leaders - creating positive role models and a unified approach to wellbeing.

4. Implementation Support & Progress Measurement

Throughout the year, we offer an agreed number of follow-up sessions, assessing progress and making adjustments to maximise impact. With regular check-ins and impact measurement tools, we ensure that wellbeing initiatives are effective, adaptable, and deeply embedded in your school's culture.



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