



Emotional Literacy Support Assistants (ELSA) Training

What is an ELSA?

An ELSA (Emotional Literacy Support Assistant) is a trained member of school staff (usually a TA) who delivers targeted emotional wellbeing support to pupils aged 4–19 with social, emotional and mental health needs.

Training & Supervision

Initial Training: 5 days covering emotional literacy, self-esteem, managing emotions, social skills, loss & bereavement.

Approaches: Lego Therapy, Social Stories, CBT model, Mindfulness, Circle of Friends, Therapeutic Stories, Motivational Interviewing, puppets, active listening.

Supervision: Half-termly group sessions led by an Educational Psychologist.



Next Training Course...

Start: 24th February 2026 (1 day/week for 5 weeks)

Location: Barnabas Community Church, Shrewsbury SY3 7DN

Interested?

Choose a staff member with rapport-building skills and willingness to learn. Places are limited and provided on a first come first served basis. Please contact Donna, EPS Business Manager, for information and to book (contact details below).

ELSAs can help with:

- Emotional literacy
- Self-esteem/Resiliency
 - Social skills
- Friendships/Inclusion
 - Bullying/Conflict
- Anger management
 - Anxiety
- Relaxation techniques
 - Attachment
- Loss and bereavement
 - Family break-up
- Growth mindset and behaviour for learning
 - Independence



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