

Rice Family Charitable Trust / Lifeskilz report 2022

Activities and Beneficiaries

During the year the charity ran a number of seminars and webinars on emotional mastery and goal setting. Those trained were mainly schoolteachers and sports coaches. They were taught the psychoeducation associated with stress, and learned the tools used to support their own emotional wellbeing and that of the children they support. By controlling their emotions, the children will therefore be more likely to avoid worry, anxiety and depression.

Achievements.

A large number of teachers and sports coaches, trained in this methodology, have been extremely positive about the benefits.