**‘Brilliant Schools’ initiative causes ripple effect across Cumbria**

The Art of Brilliance, known for its specialised training programmes based on the science of Positive Psychology, has caused a ripple effect across the community thanks to the Brilliant Schools initiative which has been offered to Whitehaven Acadamy, Jericho, Dean, Monkwary, Valley and St Beghs. This was made possible thanks to The Decommissioning Alliance (TDA), ADAPT, ORANO and Well Whitehaven who have sponsored the initiative.

Brilliant Schools offers a variety of well-being workshops, aimed at pupils, teachers and parents. The programme officially kicked off in December 2020 however the Covid-19 pandemic made it difficult to deliver sessions in person. However, the pupils were able to benefit from a variety of engaging and interactive live sessions beamed directly into the classroom.

On 12th October, founder of Art of Brilliance Dr Andy Cope and the award-winning best-selling author and key-note speaker Will Hussey, travelled to Cumbria to train 72 children from our Brilliant Cumbria programme to become ‘well-being ninjas’ and represent their school. The aim of the session was to provide the ‘ninjas’ with the tools they need to keep their peers engaged and keep the momentum going for years to come.

Dr Andy Cope, Founder of The Art of Brilliance, said, “This really is a world first for Cumbria! The aim of the programme is to instil positivity and resilience into the schools and get the kids to take charge of their own wellbeing. Our recent workshop was a complete success and the children cannot wait to share their brilliant ideas with the rest of the school.”

Laura Ball, Lead Teacher (Jericho) for Brilliant Cumbria, said, “The Brilliant Cumbria workshop has enabled the well-being revolution seeds to grow. I am passionate to drive and spread the messages until all children in our community benefit from and understand how they can be in charge of their own mental wealth and be the very best version of themselves. Enabling our children to achieve their potential and succeed in reaching their goals (specifically after living through a pandemic) is what they not only need but deserve. Both Andy and Will are inspirational in delivering the key messages and skills. Cumbria being a world first - a revolution of happiness can you really afford to NOT be a part of that?”

Alison Young, TDA Resource Admin Manager & Social Impact Lead, said “I am extremely proud of what we have achieved so far! Everyone involved has been passionate and engaged from the very beginning. I would like to say a special thank you to the sponsors and the business mentors who take the time to support the programme to keep the momentum going. I can’t wait to see what impact this programme has on the future generation.”











 