

NICOLE HENRY

SPEAKER | MENTAL HEALTH SPECIALIST | CEO

MENTAL WELLBEING IN EDUCATION



ABOUT NICOLE

Nicole Henry is a Mental Health Specialist in Education, Speaker, and CEO with extensive experience supporting the emotional wellbeing of children and young people. As the Founder of Tea of Therapy, she works closely with schools to make mental health support practical, preventative, and embedded within educational environments. Nicole's work bridges the gap between mental health, education, and leadership — equipping young people with emotional tools to thrive while helping schools build environments where wellbeing and learning go hand in hand. —

She brings experience working with schools in both the UK and the UAE, giving her a broad understanding of diverse educational settings and student needs. Nicole also serves on the Governor's Board for Aldar Education in the area of pastoral care and support, contributing to strategic wellbeing direction at leadership level. Alongside her practical work in schools, she holds a Master's in Child and Adolescent Mental Wellbeing, further strengthening her specialist expertise in youth mental health.

SCHOOL OFFERINGS:



STUDENT KEYNOTE AND WORKSHOPS

Interactive, safeguarding-aware sessions that help young people understand and manage their emotions while building confidence and resilience.

- Focus Areas
- Emotional regulation
- Managing anxiety & big feelings
- Safe coping strategies
- Friendships, boundaries & peer dynamics
- Social media & emotional wellbeing
- Confidence, mindset & future thinking

- Outcomes for Students
- Increased emotional awareness
- Practical tools for managing difficult feelings
- Improved confidence and self-understanding
- Better peer interactions and emotional communication
- Greater willingness to seek help

Programmes and workshops can be tailored to the needs of the school



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London & UAE



[Website](#)

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STAFF TRAINING – WELLBEING READY CLASSROOMS

Professional development sessions designed to help staff confidently support student emotional needs without burnout.

- Focus Areas
 - Understanding emotional behaviour in students
 - Co-regulation and classroom responses
 - Supporting without over-carrying
 - Emotional boundaries for staff
 - When to manage in class vs refer
 - Creating emotionally safe learning spaces
 - *Programmes and workshops can be tailored to the needs of the school*
- Outcomes for Staff
 - Increased confidence responding to student emotions
 - Clearer boundaries and reduced emotional overload
 - Practical classroom-based wellbeing strategies
 - Stronger whole-school wellbeing culture

STRATEGIC WELLBEING SUPPORT FOR SCHOOLS

High-level support for leadership teams looking to strengthen wellbeing systems and preventative mental health approaches.

- Support May Include
- Reviewing current wellbeing provision
- Strengthening emotional support pathways
- Developing a preventative wellbeing approach
- Supporting whole-school emotional literacy
- Embedding wellbeing into school culture
- Outcomes for Schools
- Clearer wellbeing structures and systems
- Stronger student support pathways
- A more emotionally aware school environment
- Sustainable, preventative wellbeing approaches

BOOKINGS AND ENQUIRES



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