

starter pack

TONIC

who we are

Jess



Jess has taught every primary year group and held senior leadership roles, including Phase and Teacher Development Lead. She's a qualified Mental Health First Aider and completed the NPD in Leading Teacher Development. Jess is passionate about work-life balance, she even wrote a book on the topic and empowers educators to work smarter, not harder.

Hannah

Hannah Knowles is a wellbeing consultant and trainer with a strong background in whole-school development. She's delivered INSETs across the UK and internationally, helping schools build realistic, sustainable wellbeing strategies that make a lasting impact.

Together, they bring practical experience, creative energy, and a shared mission to make CPD meaningful, manageable, and motivating.



what we offer

Our CPD offer is fully aligned with the EEF and DfE frameworks. We create concise, high-impact CPD videos, each ten minutes or less, paired with talking points, activities, and built-in reflection breaks. These elements are designed to spark meaningful discussion among staff and lead directly to actionable strategies for the classroom.

Instead of sitting through an hour long lecture and then spending your own time creating resources or adapting ideas, our format allows you to engage with the content and begin implementation during the session itself. The structure is deliberately interactive, making the most of your allotted CPD time.

Although the core video content is short, ideal for part-time staff to catch up or for senior leaders to review without taking up too much time, the full session can be extended as needed. With the added tasks and discussion points, it becomes a flexible and practical development tool tailored to your school, your setting, and your context.



How to use our training

Great CPD doesn't overload, it transforms practice. Teacher Tonic is built for simplicity, impact, and longevity.



Step 1

Preview the video



All videos are under 10 minutes, perfect for compact delivery.



Watch the video ahead of time to understand the core message.



Reflect on how it connects to your school development priorities.



Make notes on how it applies to your context.



Step 2

Prepare your staff session

- Seat staff in mixed groups: Include TAs and teachers together.
- Encourage cross-key stage groupings (e.g. EYFS with UKS2).
- Provide paper and pens for note-taking, idea sketching, and planning.



Step 3

Play the video

- Start the video for the whole team.
- When you see the “Loading Fabulous Conversations” overlay: Pause the video.
- Ask teams to discuss the prompt/task presented. Begin with class teams, then share ideas across the wider staff.



Step 4

Embed application during the session

- Encourage teams to apply learning in the moment.
- Consider how strategies can be trialled immediately.
- Capture action points on paper collaboratively. This reduces post-training workload and increases classroom impact.

collaboration





Step 5

Use extra time wisely

- If time allows, further develop ideas and plans.
- Refine strategies for implementation.
- If more discussion is needed, move to the Classroom Companion.



Step 6

Use Classroom Companion

- Extend learning with EEF/DfE research insights. Look at the book/video recommendations and consider the reflective questions.
- Choose how to use it: Print and share for independent reading, use specific sections in the session or assign as follow-up learning.



Step 7

Support catch up for absent staff



Videos are short and accessible.



Staff can easily catch up before school or
in a PPA slot.



All key prompts are in the video or
companion.





Why it works?

We follow the research

- Cognitive science informed: Retrieval, collaboration, and application.
- Reduces workload by embedding action during sessions.
- Increases retention and transfer to classroom practice.
- Promotes cross-phase collaboration and whole-school consistency.



Summary

Checklist for leaders

- Watch video in advance ☐
- Prepare seating and materials ☐
- Play and pause for discussion ☐
- Support application in-session ☐
- Use the Classroom Companion ☐
- Offer flexible catch-up options ☐