



Stress Free Brand Statement

To Head Teachers & PHSE coordinators **Stress Free** is a PSHE/SEAL specialist providing agile personal, social and emotional development that provides classroom teaching, support & guidance.

Stress Free deliver the PHSE curriculum needs with relevance to the real world by contextualising the content to the audience, through the five objectives of "*be safe*", "*be healthy*", "*enjoy & achieve*", "*positive contribution to society*" and "*economic wellbeing*".



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