

# Establishing Conditions to Learn Through Play with Richard Cheetham MBE

# COURSE

In today's educational landscape, fostering an environment conducive to learning through play is essential for holistic development. Richard Cheetham MBE's course, "Establishing Conditions to Learn Through Play," delves into the significance of play in enhancing well-being and happiness.



## About This Course

This interactive session focuses on:

### **Essence of Play:**

Exploring the fundamental role of play in personal and educational contexts.

### **Play and Well-being:**

Understanding how play contributes to overall happiness and mental health.

### **Incorporating Play:**

Identifying opportunities to integrate play into daily routines for individuals of all ages.

Participants will engage with examples from various sources, highlighting the importance of play in our lives.

### **About the Presenter:**

Richard Cheetham MBE is a Senior Fellow in Sports Coaching at the University of Winchester, where he has worked since 2005. His research centres on a holistic approach to coaching, with experience at Saracens RFC Academy, Fulham Football Club, and British Triathlon's skills school initiative. Richard is renowned for his innovative contributions to coach education and development, having presented his applied research at numerous conferences and institutions.



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### Why This Course Will Benefit You:

Engaging in this course offers several advantages:

- **Enhanced Well-being:** Discover how integrating play can improve mental health and happiness.
- **Practical Strategies:** Learn actionable methods to incorporate play into various settings, including home, school, and work.
- **Expert Insights:** Gain knowledge from a leading expert in the field of play and coaching.

By participating, you'll acquire valuable tools to create environments that foster learning through play, benefiting both personal and professional aspects of life.

