



Experience & Training

Katie Purdy

Founder of Anchor & Bounce Wellbeing and Education

FORMER HEADTEACHER

During Katie's time as a headteacher, she successfully led the school in creating a positive learning culture and implemented mindset and mindfulness sessions in the school. She led the school through a successful Ofsted and initiated great change within the school; impacting on children's learning behaviours, academic outcomes and wellbeing. Her positive and effective approach to supporting the mental health and wellbeing of the pupils was commended upon.

OUTSTANDING PRIMARY SCHOOL TEACHER

With fourteen years of experience in education, Katie recognises the importance of mental health, wellbeing, and a growth mindset to support positive academic, emotional and social development. During her time as a teacher, Katie also worked with adults; supporting trainee and experienced teachers to develop their teaching practice. Katie has experience as a SENDco; working with children who have special educational needs or disabilities and their parents.

SPECIALIST LEADER OF EDUCATION

As a Specialist Leader in Education (SLE) in two local education authorities, Katie has supported many teachers and leaders in raising standard in education.

UNIVERSITY LECTURER

Katie worked closely with the Institute of Education at Reading University; lecturing on their BA(Ed), PGCE and Schools Direct programmes. Her work includes teaching mindfulness through art, a mindful approach to behaviour management and how to be an outstanding practitioner in the primary classroom.

ACCREDITED NEUROLINGUISTIC PROGRAMMING COACH

Katie is an accredited NLP (Neurolinguistic programming) coach. NLP coaching with Katie ignites insight to enable change. Her coaching focuses on learning a multitude of ways to achieve a desired outcome primarily with young people, parents and teachers.

QUALIFIED MINDFULNESS TEACHER

Katie has been practising mindfulness & meditation for over seven years. Originally finding the practice to support her own challenges with anxiety. Katie is passionate about supporting others. She is a qualified mindfulness teacher of the MiSP curriculum and a qualified Mindfulness Now teacher, accredited by the UK college of Mindfulness.

QUALIFIED YOGA TEACHER

Katie has been practising yoga for over eight years. She originally began yoga to compliment half marathon training and then developed her practice to help her relax and unwind. Katie has attended many yoga retreats around the world. She is a qualified yoga teacher and has certifications to teach both children and adults. She completed teacher training to teach children through the world, renowned Rainbow Yoga and a 200hr teacher training to teach all ages through the highly regarded, Uplifted Yoga with Brett Larkin.

Katie has also completed training in:

- **Mindfulness with Teenagers and Young adults (Central England College- UK college of Mindfulness)**
- **Mental Health Awareness for Sport and Physical Activity approved by 'Mind' and 'Sport England' (1st 4 Sport Learning)**
- **Maintaining a Mindful Life (Future learn – Monash University)**
- **Mental Health Awareness – CPD certified (Vital Skills.co.uk- HSQE Ltd)**
- **COVID 19 – Helping Young People manage low mood and depression (Future Learning – University of Reading)**
- **Positive Psychology Diploma Course – accredited by CTAA (KEW Academy)**
- **Understanding Anxiety, depression and CBT (Future Learning – University of Reading)**
- **Mental Health First Aid (MHFA England)**
- **Understanding Children and Young People's Mental Health Diploma Course (Accredited Skills Network)**
- **Core Process Psychotherapy (CPP) introductory course (Karuna Institute)**

SAFEGUARDING

Katie has completed Level 1 Universal Safeguarding, FGM, CSE, Domestic Abuse and Prevent training. She understands and applies the principles of KCSIE 2025. She has a cleared DBS certificate. Katie has also completed training related to Health and Safety - first aid training, COVID-19.

ALWAYS LEARNING... Katie is continuously learning about up-to-date changes in education and is on her own magical meditation journey!