



Headteacher and School Leader Wellbeing

Programme in Buckinghamshire

PAM WELLBEING WORKSHOPS

Developed and delivered by trained and qualified experts who have extensive experience in supporting mental health and wellbeing in the workplace. Our training courses are engaging, informative and aim to inspire and affect meaningful change.

NOVEMBER 2022

Practicing Resilience and Self-Care 90 mins

During November, the virtual interactive workshops will focus on resilience and self-care.

The last two years have been challenging and especially for those working in the Education Sector. This workshop will allow you to reflect on how the aftermath of the Pandemic impacted on your emotional health and wellbeing. We will look at the Theory of Change and the PERMA Model as strategies to help build resilience and self-care.

 [TO BOOK ON A SESSION CLICK HERE](#)

Sessions are limited to a maximum capacity of 16 and last up to 90 minutes. Multiple dates are available throughout November for Primary, Secondary and Special School leaders.

By registering, you will be joining a session with peers from local schools in which you can share and reflect on your experiences whilst understanding strategies and coping mechanisms.

FUTURE WORKSHOPS AND FURTHER SUPPORT:

The programme also includes further workshops as outlined below and 1:1 support. Dates are to be confirmed and further information will be shared.

Workshop on Work Related Stress and Burnout

This workshop will help to raise awareness of the concept of stress and burnout and the potential psychological, behavioural and physiological impact it can have.

Workshop on Mental Health: How to Have Supportive Conversations Workshop

Being in a management role within an educational setting has many challenges. For Head Teachers this has not only meant supporting the students but also the staff. This workshop is designed to help you feel confident in having conversations about mental health.

1:1 Support: Wellchecks

In addition to the workshops, individual support in the form of wellchecks are also available at no cost to you. This is available to you following attending a workshop or you can email to find out more.

For further information email training@pamwellbeing.co.uk



Feedback from previous workshops:

"The session was delivered professionally and encouraged inclusion from participants"

"Very informative session with useful details on how to support my team members"

"The course has made me conscious of my perceptions and decisions going forward and the impacts they have on others"