



THE CHURCH  
OF ENGLAND

Diocese of St Edmundsbury  
and Ipswich



## A wellbeing/resilience session for school heads and senior staff

**Friday 10 October 2025,  
12.30 – 4.00pm**

**Thomas Clarkson Centre,  
Bury St Edmunds**

The Diocese is inviting Suffolk Headteachers and Deputy Heads to our annual wellbeing session taking place in the autumn term. This event is free. This year we welcome Tracey Caffull, CEO of the Diocesan MAT and Archdeacon Sam.

### Session one - Tracey Caffull

#### **Well Being – Uncovered! The puzzle that never feels finished**



In a world that demands perfection, efficiency and productivity in the context of 'work life' balance - the task seems impossible! Maybe now is the time to redefine the boundaries, to consider the possible, to look at life through a different lens ensuring that it also contains some joy! Tracey's session will explore what is expected, what is achievable and how we can be the best version of ourselves for our children without burning out. She will look at the principles of 'kindfulness', encourage you to examine your culture and insist that JOY is discovered.

### Session two - Archdeacon Sam

#### **"With All Your Heart, Mind, Soul, and Strength"(Inspired by Deuteronomy 6:5)**

A rich and reflective session where we'll explore what it means to live well — in every part of who we are. Led by Archdeacon Sam, this session will take a deep dive into holistic wellbeing and human flourishing, helping us grow in self-knowledge and self-care across the full spectrum of our God-given selves — spiritually, psychologically, physically, and relationally.

Expect a time that is practical, fun, challenging, and inspiring — a journey that invites you to love God and live fully with all your heart, mind, soul, and strength.

The programme:

12.30pm	Arrival and Lunch
1.15pm	<b>Introductions</b> Phil Knowles, Diocesan Schools' Effectiveness Officer
1.30pm	Tracey Caffull, CEO, Diocesan MAT
2.45pm	Break
3.00pm	Archdeacon Sam
3.45pm	<b>Follow-up discussion /informal chat</b>
3.55pm	<b>Closing Reflection</b>
4.00pm	Close

## About the speakers:

### Tracey Caffull

Tracey is the CEO of the Diocesan MAT. She describes her career as having had the privilege to 'make the difference'. Spanning 23 years in Education, Tracey has worked in many roles including class teacher, deputy head, Headteacher, executive Headteacher and Director of Education before embracing her current role. She has worked across Essex and Suffolk and worked in areas of promise such as Jaywick and Clacton. As a champion of 'education building the foundations of children's futures' she is an advocate for an 'anyone can' attitude.

### The Venerable Sam(antha) Brazier-Gibbs Archdeacon of Ipswich

After a brief career as a sports therapist, I was ordained in 2006 and began my ministry with a curacy in the Grays Thurrock Team Ministry. I then served in two pioneer roles in the Diocese of Chelmsford, before becoming the incumbent of three rural parishes and team leader for a group of 17 churches in West Essex, overseeing a team of 12 ministers. Alongside parish ministry, I also worked part-time as a PE teacher in the private sector and as a tennis coach, before joining the team in St Edmundsbury and Ipswich.

Over the years, I've held several diocesan and wider church roles, including Liturgical Adviser to the Bishop of Barking, Assistant Area Dean, member of Diocesan Synod, and non-residentiary canon of Chelmsford Cathedral. I also serve as a Chaplain to the Sea Cadets – a role that occasionally allows me to indulge my love of visiting Royal Navy ships!

My passions include wellbeing, mission and evangelism, pilgrimage, and living by a rule of life. Outside of ministry, I'm a proud parent to an almost 19-year-old son. I enjoy county-level tennis, hiking, wild swimming, boating, weight training, gardening and musical theatre.

### Booking:

Contact Jacqui Studd at the Diocesan Office to book or for any queries:

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