

A wellbeing/resilience session for school heads and senior staff

Friday 7 July 2023, 9.30am – 1.30pm
Thomas Clarkson Centre, Bury St Edmunds

The Diocese is inviting Suffolk Headteachers and Deputy Heads to our annual wellbeing session this summer.



This year's theme is **mind management: when anxiety reigns, helping you get the reigns back on your anxiety.**

Being a Headteacher and school leader has immense pressures. Through all of this we think we are meant to be the strong ones to be there for those that we lead. However, our worries and anxiety are real. In this session Colin Tapscott, Director of Everyday Leader and former Headteacher, will help us unpack just how our mind works when it comes to worry and anxiety and how

we can learn practical steps to help us keep our worries in check and reduce anxiety and lead again with authenticity and confidence.

We will look at:

- The story we tell ourselves. This is often based on 'wonky filters' and there are often more accurate and more helpful explanations.
- Steve Peter's Chimp Paradox and how it helps us understand our emotional 'chimp'.
- What happens to us physiologically and how cortisol impacts us and how we can reduce it.
- Finding your 'Pink & Blue Inhalers' that help reduce cortisol.
- Grounding – practical things that help bring you back to the moment.
- Body feelings and emotions – breaking the circuit and being the person that we want to be in those anxiety moments.

Colin's sessions are engaging and filled with 'live metaphor' games and activities to help understand the concepts in a fun and non-threatening way. This session will not only help you manage your mind and reduce your activity, it will also equip you to help your staff and children manage their anxieties too.

Colin runs Everyday Leader www.everydayleader.co.uk and Everyday Coaching www.everydaycoaching.co.uk. He is an EMCC accredited coach and has developed specialisms in leadership coaching and anxiety coaching. He runs training on leadership and communication, including topics on 'self-confidence', and managing stressful issues like 'turning challenging conversations into confident conversations' and 'staying sane when people complain'. He knows first-hand the stresses of headship having been a Headteacher in Hertfordshire and Suffolk for 17 years and experiencing a traumatic Ofsted. This led him to develop the 'RENEW' programme to help Headteachers who have gone through a similar circumstance to REVIEW, REFRAME & REBUILD after these experiences. His purpose is to empower people, something coaching and training endorsements give testimony to.



The programme:

9.30am	Arrival and coffee/croissants
10.00am	Mind management: when anxiety reigns, helping you get the reigns back on your anxiety - Colin Tapscott, Director, Everyday Leader/Everyday Coaching including coffee break
12.00pm	Break
12.10pm	Reflection – The Revd Canon Tiffer Robinson
12.30pm	Lunch
1.30pm	Close

Cost and booking:

£60 for subscribing church schools
£120 for all other schools

Contact Jacqui Studd at the Diocesan Office to book:

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