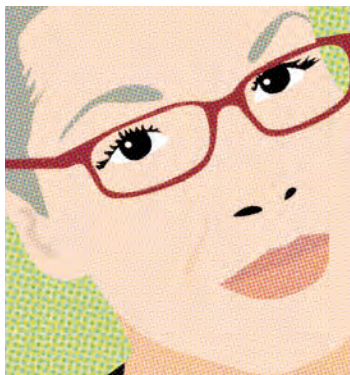


"The key ingredients are all there: a non-judgemental, confidential atmosphere where colleagues can share openly and work together to formulate solutions."

Headteacher, London Borough of Redbridge

Headspace



A confidential, personal and professional development programme for Headteachers


www.worklifesupport.com



worklife support

What is Headspace?

Headspace is a programme specifically designed for Headteachers. It provides Headteachers with the time and space to develop and sustain their own wellbeing and personal and professional effectiveness.



This bespoke and confidential programme provides a framework within which Headteachers can work together to resolve 'real' issues that arise, facilitated by an experienced Worklife Support Consultant.

Headspace offers a safe environment where Headteachers can explore the most effective leadership behaviours and learn from each other, using action learning and problem-solving techniques.

Programme structure

Headspace runs over a period of between six and twelve months and is customised to meet the unique needs of the Headteachers within their specific local context.

The Worklife Support Consultant will work with each group of Headteachers to establish and agree a programme that is relevant and helpful to each particular group.

The Headspace programme consists of:

- A whole day introductory session, followed by,
- Five half day sessions



How can Headspace benefit Headteachers?

Headspace provides a unique opportunity for Headteachers to build on previous successes and explore, if appropriate, any of the following:

- How to manage recent changes within the education sector and the impact on their leadership
- Ways of developing and sustaining their personal capacity to work effectively within a relentlessly changing environment
- The emotional and relational aspects of leadership including how to deal with difficult personalities and performance issues
- How to manage the broad range of expectations from different stakeholders
- Their personal resilience and wellbeing and ways of replenishing and building them
- The impact their own wellbeing has on their role as an effective leader
- Strategies to proactively manage the complex social issues that arise on a daily basis
- Their ability to prioritise and manage the demands of the job

“Headspace is an opportunity to step-off the treadmill and to reflect and challenge like-minded colleagues. It gave me the energy and renewed vigour to step back on.”

Headteacher, Suffolk

“For me, Headspace has been a life-saver! Having dedicated time to meet with other Headteachers is so important. If we want Heads to stay in the profession, we really need to support them with this programme.”

Headteacher, Buckinghamshire

What else can Headspace offer?

Worklife Support believe that offering Headteachers confidential and personal support that helps them to maintain their own wellbeing and work-life balance is a key factor in improving the wellbeing of the workplace as a whole.

That's why the Headspace programme also provides free access to Worklife Support's specialist team of advisors and counsellors, experts at supporting those who work in schools.

The service is available 24 hours a day, 365 days a year, is completely confidential and provides support by telephone or online on a wide range of issues including:

- Emotional support and counselling
- Legal advice and guidance
- Specialist information on work-life issues
- Financial advice and debt counselling
- Management consultation to support those responsible for managing others
- Up to five sessions of face-to-face counselling as appropriate

The **Headspace** programme can provide an invaluable opportunity to demonstrate Duty of Care and may be of interest to Governing Bodies.

Our work with local authorities informs us that the retention of Headteachers is a significant issue. We are happy to discuss flexible arrangements to suit the requirements of the local authority as they consider the needs of their Headteachers.

To discuss the various options available please contact your Worklife Support Consultant for further details.



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