

 #oeWellbeing

Managing Staff Wellbeing & Workload

Reduce staff stress, motivate colleagues and create
a healthy work-life balance to retain high quality staff

www.oego.co/Wellbeing17



Expert speakers include:

Viv Grant

Executive Coach, Integrity Coaching

Simon O'Keefe

CEO, The Stour Academy Trust

Jennifer Richards

Headteacher, St Mark's CE Primary

Ruth Powley

Deputy Headteacher, Wilmslow High School

KEY BENEFITS

STRESS

Tackle the root
causes of staff stress

WORKLOAD

Manage marking and planning
to reduce teacher workload

DEVELOPMENT

Mentor and coach staff
to develop in your school

Managing Staff Wellbeing & Workload

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93% of teachers stated that workload in their school was a fairly or very serious problem

DEPARTMENT OF EDUCATION, FEBRUARY 2017

The recent government Teacher Workload Survey highlighted the worryingly high percentage of teachers who consider their workload to be a problem. You will likely have first-hand experience of the impact this demanding workload has on teachers and how it has caused many teachers to leave the profession.

Are you confident you can support your teachers and help reduce workload?

Can you work with staff to tackle the root causes of stress and promote staff wellbeing?

Do staff at your school have a healthy work-life balance?

Our Managing Staff Wellbeing & Workload conference will provide you with the practical strategies, expert guidance and innovative resources you need to ensure all staff at your school are happy and motivated.

Why attend this event in 2017

- **Workload:** gain methods to reduce your staff's marking and planning workload to create a healthy work-life balance
- **Stress:** learn how to tackle the root causes of staff stress and identify opportunities for stress relief
- **Resources:** Gain access to a wealth of wraparound materials to provide further support back at school

Who should attend

- Headteachers
- Assistant Headteachers
- Deputy Headteachers
- HR Managers

UNLIMITED CPD IS HERE!

Now you can attend all our conferences for one annual cost...as well as having full access to our Knowledge Centre and over 40 download-and-deliver professional training courses. www.optimus-education.com

This year's speakers include...



Viv Grant

Executive Coach, Integrity Coaching

Viv is an Executive Coach, Author and Public Speaker. She is the Director of Integrity Coaching, a leading provider of coaching services for Headteachers and senior school leaders. Viv has been in the teaching profession for over twenty-eight years. When she was just 31 and expecting her first child, she was appointed as one of the youngest Heads in the country to turn around a failing primary school.



Simon O'Keefe

CEO, The Stour Academy Trust

Simon is CEO of The Stour Academy Trust, with primary schools across Kent. Simon has recently been appointed as a National Leader of Education and his Trust identified as one of the top performing Trusts in the country.



Nickii Messer

Consultant

Nickii specialises in training, developing and promoting school management and leadership. With many years of experience in senior school leadership, Nickii is keen to help school leaders at all levels develop the skills and confidence to embrace the complex challenges facing schools today.



Jennifer Richards

Headteacher, St Mark's CE Primary, Bromley

Jenni has been teaching since 1996 and has experience as a senior leader and deputy Headteacher prior to joining St Mark's CE Primary in 2012 as Headteacher. Under her leadership, pupil outcomes have improved significantly and the school was judged 'good' by Ofsted and outstanding leadership was recognised.



Victoria Lockey

Head of Support Services, Etonbury Academy, Bedfordshire

Victoria has been working within secondary schools for the past 10 years in various management roles, supporting Headteachers by working on restructures, change management, pastoral, SEN, data and office management systems. She is currently Head of Support Services for Etonbury Academy with responsibility for various support areas of the school including HR and recruitment.



Sue Stirling

Wellbeing Award for Schools Consultant

Sue is the joint author of the NCB and National Partnership framework to guide schools in creating a whole school approach to emotional wellbeing and mental health. She is also the author and lead advisor for Optimus Education WAS award.



Ruth Powley

Deputy Headteacher, Wilmslow High School

Ruth believes strongly that the best way to improve educational outcomes is by inspiring teachers to 'reclaim the pedagogy' and use this intelligently, efficiently and proactively in their classrooms. She also has a website and blog, www.lovelearningideas.com that provides evidence-based resources and ideas.

09:00 – 09:45 Registration and refreshments

09:45 – 10:00 **Chair's Introduction & Welcome**
Julian Stanley, Chief Executive Officer, Education Support Partnership

10:00 – 10:40 **Promoting staff wellbeing and reducing stress**
Understand the pressures and root causes of staff stress and gain proven methods to manage challenges and identify opportunities to alleviate them
Stress
Viv Grant, Executive Coach, Integrity Coaching

10:40 – 11:10 **Case Study: Hear from the 'happiest school on earth' on how they encourage, motivate and support staff with a limited budget**
Motivation
Jeremy Hannay, Headteacher, Three Bridges Primary, Southall

11:10 – 11:20 Questions

11:20 – 11:50 Morning Refreshments

11:50 – 12:40 Streamed Sessions 1

1A: Workload - Secondary
Practical ways to manage marking and planning in secondary schools. Techniques to reduce workload and create a healthy work-life balance
Plus, gain access to our 5 strategies to cut your marking time in half
Ruth Powley, Deputy Headteacher, Wilmslow High School, Cheshire

1B: Recruitment
New, proven and adaptable methods to market your school and find, recruit and retain high quality staff
Victoria Lockey, Head of Support Services, Etonbury Academy & Alex Prior, Principal, Etonbury Academy, Bedfordshire

1C: Resilience
Learn how to develop your own resilience and understand how to build it within your workforce
Nickii Messer, Consultant

12:40 – 13:40 Lunch

13:40 – 14:30 Streamed Sessions 2

2A: Workload - Primary
Practical ways to manage marking and planning in primary schools. Techniques to reduce workload and create a healthy work-life balance
Take away a guide on managing workload, expectations and morale
John Dabell, Education Consultant

2B: Maths, English & Science - Secondary
Learn how to enhance further professional development for Maths, English & Science teachers in order to retain high quality teachers in these vital subjects

2C: MATs
Hear how to deploy staff effectively across different sites and unlock the benefits of a larger workforce in a MAT
Gain access to a case study on staff development and retention in a MAT
Simon O'Keefe, CEO, The Stour Academy Trust, Canterbury

14:30 – 14:50 Afternoon refreshments

14:50 – 15:40 Streamed Sessions 3

3A: Teaching Assistants
Utilise your Teaching Assistants effectively across the whole school to support the school vision
Maria Constantinou, Associate Headteacher and Inclusion Leader, St. Mary's C of E Primary School, East Barnet

3B: Sickness & Absence
Create a robust sickness procedure to support staff on both long term and short term absence
Take away our nine practical strategies to reducing short term absence

3C: Productivity
Gain proven techniques to streamline processes and maximise productivity whilst ensuring you are mindful of staff wellbeing
Jennifer Richards, Headteacher, St Mark's CE Primary, Bromley

15:40 – 16:10 **Mentoring and coaching staff to ensure their continued development in your school**
Staff Development
 Strategies to provide individualised CPD, effectively cascade knowledge and provide opportunities for growth within your school
Plus, download the 'coaching bookmark' at oego.co/WellbeingResources as a handy reminder of questions to use in coaching conversations
Sue Stirling, Wellbeing Award for Schools Consultant

16:10 – 16:20 Questions

16:20 Conference Close

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ONE DAY NATIONAL CONFERENCE - 28th November 2017, London

How to register

1. Book online and receive instant confirmation

www.oego.co/Wellbeing17

2. Email: jamie.maw@optimus-education.com

3. Questions: Call Jamie on 020 3325 0376

Please see

www.oego.co/TandCs for our subscriptions, cancellations and refund policy

Pricing

Prices	Book before 15/09/17	Book after 15/09/17
Primary	£269 + VAT	£299 + VAT
Secondary	£349 + VAT	£379 + VAT
LAs	£399 + VAT	£429 + VAT
Others	£429 + VAT	£459 + VAT
Unlimited CPD	Included in your Unlimited CPD membership fee	

1

Before
the day

Create your account at oego.co/WellbeingResources and read our 4 ways to develop leadership and retain staff

PLUS

- Use the self-assessment survey to reflect on your current situation
- Gain access to a case study on staff development and retention in a MAT

2

During
the day

Have your burning questions answered by our experts and outstanding practitioners

PLUS

- Discuss challenges with peers and build up a network of support
- Select targeted workshops to suit your specific need

3

After
the day

Log in at oego.co/WellbeingResources to access our 9 ways to reduce short term absence

PLUS

- Download the speaker presentations and share these with colleagues
- Use the self-assessment survey to see what you've learned
- Gain access to our 5 strategies to cut marking time in half

4

Share
across your school

Use 6 units of our Coaching for Change training*

PLUS

- Support others' growth through use of high level listening, questioning, reflecting and summarizing
- Help colleagues reach their full potential by replacing limiting beliefs with positive realistic beliefs

Start accessing these resources today by creating a free delegate account on oego.co/WellbeingResources

Remember, Optimus Unlimited members can attend and access resources for 35+ conferences a year!

Get in touch to learn more

*Access for Unlimited members only