

 #oeResilience

Developing Resilient Learners

Practical strategies to deliver a holistic, broad and balanced education to build resilience and prepare pupils for success outside of school

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Expert speakers include:

John Rees

Education Consultant

Shamiela Davids

Director of Innovation and 6th Form Tutor,
Hockerill Anglo-European College

Bradley Busch

Director, InnerDrive

KEY BENEFITS

VISION AND ETHOS

Develop a whole school strategy for wellbeing and resilience

INDEPENDENT LEARNING

Encourage student voice and develop pupil autonomy

CURRICULUM

Develop a rich, broad and engaging curriculum

Developing Resilient Learners

In today's fast-paced, online world, your pupils face new stresses, challenges and uncertainties on a daily basis. Resilience is crucial to overcoming these and bouncing back from life's inevitable set-backs.

At school, you have a key opportunity to help build and support students' resilience, but with league tables, assessment reforms and Ofsted visits, it can sometimes slip down the list of whole-school priorities.

Although there is no formal metric for measuring resilience, there are a multitude of innovative ideas and strategies to help boost the wellbeing of all students. This conference aims to bring these ideas together, with a host of outstanding experts and practitioners whose insights will help you support every student across your school.

Why attend this event?

- **Science and psychology of resilience:** Translate the research into practice in the classroom, balancing challenge and support whilst developing emotional resilience
- **Whole-school approach:** Develop a vision and ethos that puts the wellbeing of students at its core and is supported and promoted by all staff
- **Stress:** Implement practical, proven strategies to help pupils deal with stresses and pressures from both parents and school

Who should attend?

- Deputy/Assistant Headteachers
- Headteachers/Principals
- SMSC Coordinators
- PSHE Coordinators
- Pastoral Coordinators
- Heads of Department

“A high-quality conference with inspirational and informative speakers. Thank you!”

SMSC & PSHE Lead (2017 conference delegate)

Optimus Education offers a wealth of expertise to support your whole school improvement. From non-curricular awards, timely and informative conferences, packaged and bespoke consultancy, to in-house training and membership, Optimus is your one-stop-shop for your school or academy.

Head to oego.co/ResiliencePP to find out more.

SPEAKERS



John Rees

Education Consultant

John is an independent consultant who is passionately committed to enhancing the achievement and life chances of children and young people. As an Ofsted-trained Inspector, John has focussed on supporting school improvement through SMSC, British Values and Personal Development, Behaviour & Welfare



Nicky Hutchinson

Education Consultant, Not Just Behaviour

Nicky, along with her colleague Chris, are teachers and specialist education consultants with over 25 years' experience of working in children's behaviour, emotional wellbeing and mental health. After many years as advisers for Bristol LA, they founded their own consultancy, 'Not Just Behaviour'. They have a specialist interest in developing children's self-esteem and body confidence, and advise the government on how to promote a healthy body image in boys and girls.



Bradley Busch

Director, InnerDrive

Bradley Busch is an HCPC registered and BPS Chartered Psychologist. His company, InnerDrive, has worked with over 200 schools – helping staff and students improve their mindset, resilience and performance under pressure. Outside of education, he consults with elite athletes that include Premiership Footballers and athletes who medalled at the London 2012 and Rio 2016 Paralympic Games.



Shamiela Davids

Director of Innovation and 6th Form Tutor, Hockerill Anglo-European College

For 22 years Shamiela has worked in a number of schools across the world in both the independent and the state school sector, most recently at Hockerill Anglo-European College, a state boarding school in Bishop's Stortford. She values her international outlook and has always brought and promoted a holistic view of education. Her master's degree in Educational Leadership focused on International-Mindedness.



Tony France

Director, Headsight

Tony started his professional life as a social worker before moving into education and psychological therapies. He has worked internationally for the British Council developing services and opportunities for vulnerable children and young people; served as LEA and home office Advisor in the early 90's then set up and was CEO of a charity providing direct support to schools in working with vulnerable and traumatised children. He co-founded Headsight therapeutic services and training in 2016 and remains a Director today.



Dave Boden

Ethos Strategic Lead, Grace Academy Trust

Dave Boden is the Strategic Lead for the Development of Christian Ethos at the Grace Academy Trust, a chain of three secondary schools based in the Midlands. Formerly a Non-Teaching Assistant Principal, with a background in Youth Work, Dave now oversees the embedding of values and ethos at every level of school life helping a focus on SMSC become not just a tick box exercise, but a powerful tool that makes a tangible impact on young people every single day.

09:00 – 09:45 Registration and refreshments

09:50 – 10:00 **Chair's Introduction & Welcome**
Are we providing our children and young people with the essential life skills required to succeed in life?

10:00 – 10:25 **Defining and embedding your vision:** How to develop a whole school strategy that puts the wellbeing of students at its core, avoids 'teaching to the tests' and helps foster an inclusive, holistic and vibrant school environment
Keynote 1
John Rees, Education Consultant

10:25 – 10:50 **Understand the science and psychology of resilience and how it can impact classroom practice**
- finding the right balance of challenge and support
- teaching children to 'fail better' and develop emotional resilience
- translating research into practice in the classroom
Keynote 2
Bradley Busch, Director, InnerDrive

10:50 – 11:00 Questions

11:00 – 11:30 Morning Refreshments

11:30 – 12:20 Streamed Sessions 1

1A: Curriculum – Primary

Simple strategies to develop a rich, broad and engaging primary curriculum that develops resilience, teaches values and encourages happy, confident and balanced individuals

Nicky Hutchinson, Education Consultant, Not Just Behaviour

1B: Curriculum - Secondary

How to ensure resilience and character education permeates your secondary curriculum: Key steps to develop rich, broad and engaging experiences at school

Shamiela Davids, Director of Innovation and 6th Form Tutor, Hockerill Anglo-European College

1C: Feedback and communication

Ensure all staff deliver consistent, high-quality feedback to provide effective challenge for all students, encourage positive dialogue and promote resilience to setbacks

John Rees, Education Consultant

12:20 – 13:20 Lunch

13:20 – 13:45 **Independent Learning:** Understand the importance of encouraging student voice and developing pupil autonomy through self-led learning and reflection
Keynote 3

How to develop resilience in a child who has experienced trauma or adverse childhood experiences

13:45 – 14:10 - Understand the impact of trauma on the brain & behaviour
- Gain strategies to support people who have experienced complex childhood trauma

Tony France, Director, Headsight

14:10 - 14:20 Questions

14:20 – 15:10 Streamed Sessions 2

2A: Demonstrating impact

How to measure the intangible: Innovative strategies and student-led practices to monitor and evaluate the impact of character, SMSC and wellbeing provision

Dave Boden, Ethos Strategic Lead, Grace Academy Trust

2B: Growth Mindset

Separating the myths from the facts
How to tackle a fear of failure, raise aspirations and encourage a positive attitude to learning for all students

Bradley Busch, Director, InnerDrive

2C: Coping with stress

Practical, proven strategies to help pupils deal with the inevitable stress and pressures from both parents and school

Take away our guide on using mindfulness effectively in schools
Chris Callard, Education Consultant, Not Just Behaviour

15:10 – 15:30 Afternoon refreshments

15:30 – 16:20 Streamed Sessions 3

3A: Staff wellbeing

Creating a mentally healthy school environment for staff as well as students: Practical ideas to prioritise your own wellbeing and support your colleagues to model positive behaviour

3B: Mental health

Explore the links between resilience and mental health, the connections between happiness and academic success and the steps to create a healthy, happy school environment

Tony France, Director, Headsight

3C: Form time

Diversity, brexit, identity, culture: The crucial role of the form tutor and how to maximise that time to ensure students understand the importance of resilience in an uncertain and changing world

Shamiela Davids, Director of Innovation and 6th Form Tutor, Hockerill Anglo-European College

16:20 Conference Close

Developing Resilient Learners

One Day National Conference - 7 February 2018 - London

How to register

1. Book online and receive instant confirmation
www.oego.co/Resilience18
2. Email: oe.conferences@optimus-education.com
3. Questions: Call 0845 450 6404

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

Booking reference

Pricing

Prices	Book before 12/01/2018	Book after 12/01/18
Primary/Special	£269 + VAT	£299 + VAT
Secondary	£349 + VAT	£379 + VAT
LA	£399 + VAT	£429 + VAT
Lawyers and Advisors	£429 + VAT	£459 + VAT
Premium Plus	You could attend this conference as part of your premium plus package. For further information please contact your Account Manager.	

If you do not fit into one of the above categories, please contact us on 0845 450 6404 or email oe.conferences@optimus-education.com

4 steps to developing resilient learners

1

Before
the day

Create your account at oego.co/ResilienceResources and read our guide on Promoting independent learning with research based strategies*

PLUS

- Use the self-assessment survey to reflect on your current situation
- Gain access to our resource on creating a resilient environment for learners

*Don't have an account? Create one at oego.co/Delegate

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/ResilienceResources to download the speaker presentations and share these with colleagues

PLUS

- Gain access to our practical advice for helping pupils cope with exam stress
- Use the self-assessment survey to see what you've learned

4

Share
across your school

Use 3 units of our effective use of pupil voice in-house training course and share them with your colleagues**

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

**Premium plus members only - contact customer services to find out more on 0845 450 6404