

 #oeWellbeing

Managing Staff Wellbeing: Reduce Stress & Improve Retention

Ensure whole-school engagement with strategies
to create a healthy work-life balance

oeego.co/Wellbeing18



Expert speakers include:

Jeremy Hannay

Headteacher, Three Bridges Primary

Julian Stanley

Chief Executive Officer, Education Support Partnership

Sue Birchall

School Business Manager, The Malling High School

David Weston

Chief Executive, Teacher Development Trust

KEY BENEFITS

REDUCE STRESS

Manage stress and improve
work-life balance for
your staff

SUPPORT STAFF

Develop staff wellbeing
policies and promote
whole-school engagement

IMPROVE RETENTION

Build a sustainable
programme for CPD and
create a healthier workplace

SUPPORTED BY:



Managing Staff Wellbeing & Workload

Ensure whole-school engagement with strategies to create a healthy work-life balance.

“More than half of teachers have been diagnosed with mental health issues”

THE INDEPENDENT, JAN 2018

A recent study carried out by Leeds Beckett University revealed that a significant proportion of teachers in Britain today are currently experiencing mental health issues. The study highlighted high levels of workload as one of the main contributors to this, alongside the subsequent negative impact on children's learning outcomes.

This study is one of many that underline the imperative of putting staff wellbeing at the top of the agenda.

This event will provide practical, innovative and sustainable strategies to help improve staff work-life balance, create a healthier workplace and improve retention.

Why should I attend this event?

- **Stress:** practical strategies for managing stress and reducing pressure.
- **Case study:** hear from the 'happiest school on earth' on how they promote a healthy workplace and drive real change from the top.
- **Workload:** maintain a positive work-life balance with strategies to combat the ever-increasing workload and stress of staff responsibilities.
- **CPD:** help staff feel valued and supported by developing a sustainable and meaningful CPD programme.

Who should attend?

- Deputy Headteachers
- Assistant Headteachers
- Headteachers
- Wellbeing Leaders
- HR Managers

“Absolutely fantastic, a thoroughly enjoyable experience to network, listen and take practical ideas back to school. Thank you!”

TEACHER OF MATHEMATICS & MINDFULNESS,
LINCROFT SCHOOL

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/Wellbeing18 to find out more.

This year's speakers include...



Jeremy Hannay

Headteacher, Three Bridges Primary

Jeremy has worked in both Canada and England as an educator and is passionate about creating the conditions under which teachers and pupils flourish. He believes passionately in growing schools that are characterised by cultures of trust, agency, collaboration and happiness.



Julian Stanley

Chief Executive Officer, Education Support Partnership

Julian Stanley is CEO of the national teaching charity Education Support Partnership. A fellow of RSA, Julian regularly appears on TV and radio to comment on teacher health, wellbeing and effectiveness, the recruitment and retention crisis and parent-teacher relations, also writing a fortnightly column in SecED.



Sue Birchall

School Business Manager, The Malling High School

With over fifteen years' experience across primary and secondary education in maintained and academy schools, Sue is also a conference speaker, trainer, consultant and contributor of articles for various education publications. Other professional contributions are as an SLE and on the school's funding forum for her LA.



David Weston

Chief Executive, Teacher Development Trust

David Weston is the founder and chief executive of the Teacher Development Trust and the chair of the Department for Education's Teacher Development Expert Group. He is an author, school governor and a former secondary maths and physics teacher.



Julia Watson

Clinical Hypnotherapist and Psychotherapist, Oxford Family Hypnotherapy

Julia Watson is an education consultant and solution-focused clinical hypnotherapist based in Oxfordshire. Julia was a classroom teacher for over twenty years and worked in primary, secondary and a PRU setting, specialising in emotional health. She believes the key to emotional resilience is understanding the brain and uses current research and neuroscientific understanding to illustrate this.



Kelly Hannaghan

Wellbeing Leader, Lessness Heath Primary

Kelly has spent her professional career passionately focusing on enhancing the opportunities and life chances of pupils and families in education. She has successfully led on the 'Wellbeing Award for Schools' process, resulting in the school being the first to achieve this. Kelly has over ten years' experience in working with the most vulnerable of families with positive outcomes.



Joanna Feast, MBPsS, MSc., BSc.

Education and Wellbeing Consultant, Clean Well-Being

Joanna Feast is a teacher, trainer and consultant with over twenty years' experience in the field of health education. She believes that wellbeing can be achieved and maintained by utilising solution-focused thinking, emotional literacy and assertiveness skills. Joanna runs her own wellbeing and fitness business, Clean Well-Being.

09:00 – 09:45	Registration and refreshments	
09:45 – 10:00	Chair's introduction and welcome <i>Julian Stanley, Chief Executive Officer, Education Support Partnership</i>	
10:00 – 10:30	Discover proven and effective techniques to reduce staff stress, improve wellbeing and promote a healthier workplace culture Stress <i>Julia Watson, Clinical Hypnotherapist and Psychotherapist, Oxford Family Hypnotherapy</i>	
10:30 – 11:10	Gain clear guidance on how to change mindsets and to effectively deliver sustainable change from the 'happiest school on earth' to make teachers' jobs easier and more effective Changing mindsets <i>Jeremy Hannay, Headteacher, Three Bridges Primary</i>	
11:10 – 11:20	Questions and answers	
11:20 – 11:50	Morning refreshments	
11:50 – 12:40	Streamed Sessions 1	
	1A: CPD & Retention Discover what meaningful training and staff development looks like and how to implement this in school <i>Gain access to our leadership development and staff retention guide</i> <i>David Weston, Chief Executive, Teacher Development Trust</i>	1B: Marking & Planning - Primary Hear evidence-based marking and planning strategies to reduce primary school teacher workload and improve the impact of feedback on learning outcomes
		1C: Marking & Planning - Secondary Hear proven and subject-adaptable marking and planning strategies to reduce teacher workload and make feedback more impactful on learning <i>Gain access to our 6-step time-saving marking and feedback guide. Plus, download our example assessment policy</i> <i>Antony Barton, Head of English, Putney High School</i>
12:40 – 13:40	Lunch	
13:40 – 14:10	Learn how to encourage mental health conversations, open up positive dialogue and raise whole-school awareness Mental health <i>Kelly Hannaghan, Wellbeing Leader and Kate O'Connor, Headteacher, Lessness Heath Primary – the first school to be accredited with the Wellbeing Award for Schools</i>	
14:10 – 14:20	Questions and answers	
14:20 – 15:10	Streamed Sessions 2	
	2A: Whole-school Engagement Learn what an effective whole-school wellbeing policy looks like and how to keep all staff engaged in order to promote long-term and substantial change <i>Joanna Feast, Education and Wellbeing Consultant, Clean Well-being</i>	2B: Time Management Ensure your staff are making the most of their time by learning adaptable methods to improve time management and efficiency <i>Download our list of starting-point staff wellbeing suggestions</i> <i>Mike Lamb, Director of Staff and Pupil Wellbeing, Hurstierpoint College</i>
		2C: Ofsted Understand the latest expectations of Ofsted to manage teacher workload and reduce stress
15:10 – 15:30	Afternoon refreshments	
15:30 – 16:20	Streamed Sessions 3	
	3A: Parents Know how best to meet parent demands and reduce pressure on staff by managing parental expectations <i>Gain access to our 7-point guide on parent engagement</i> <i>Kelly Hannaghan, Wellbeing Leader and Kate O'Connor, Headteacher, Lessness Heath Primary</i>	3B: Absences Learn practical ways to manage short- and long-term staff absence to reduce the pressure on covering staff and limit any impact on learning <i>Plus, gain access to our guide on counting and reducing the cost of staff absence</i> <i>Sue Birchall, School Business Manager, The Malling High School</i>
		3C: Case Study – Work-life Balance Hear effective and practical strategies from a leading practitioner on what they do in school to improve staff work-life balance <i>Jeremy Hannay, Headteacher, Three Bridges Primary</i>
16:20	Conference Close	

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ONE DAY NATIONAL CONFERENCE - 28 November 2018, London

Ensure whole-school engagement with strategies to create a healthy work-life balance

How to register

1. Book online and receive instant confirmation
oego.co/Wellbeing18
 2. Email: conference.bookings@optimus-education.com
 3. Questions: Call us on 0845 450 6404
- Please see oego.co/TandCs for our subscriptions, cancellations and refund policy

Pricing

Prices	Book before 14/10/18	Book after 14/10/18
Primary	£269 + VAT	£299 + VAT
Secondary	£349 + VAT	£379 + VAT
LAs	£399 + VAT	£429 + VAT
Others	£429 + VAT	£479 + 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 managing wellbeing across your school

1

Before
the day

Create your account at oego.co/Delegate and gain access to pre-event reading and resources

PLUS

- Gain access to our marking strategies and guide to reduce workload
- Read our leadership development and staff retention guide
- Download our list of starting-point staff wellbeing suggestions

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 needs

3

After
the day

Log in at oego.co/WellbeingResources to access key resources from the day

PLUS

- Download speaker presentations and share these with colleagues
- Gain access to our resource on managing pressure from parents
- Discover our guide to counting and reducing the cost of staff absence

4

Share
across your school

Gain access to our staff wellbeing training units and support colleagues in reducing work-related stress*

For Premium Plus members ONLY*