



BEYOND THIS

MOTIVATION • EDUCATION • TRAINING • DEVELOPMENT

Beyond This

Yew Tree Cottage

Bat Alley

Marnhull, Dorset

DT10 1NX

E: peter@beyondthis.co.uk

M: 07884 946219 T: 01258 82089

W: www.beyondthis.co.uk



STAFF WELLBEING INSET: Love Teaching, Keep Teaching! Whole staff wellbeing training to keep you loving what you do best!

Course Aim

With 40% of teachers planning to leave the profession within the next five years, there is an unprecedented urgency to re-think the way we are doing school. We need to take seismic steps forward in questioning the way we've always done things to create thriving communities of forward looking emotionally intelligent professionals equipped to enabled to keep loving what they do whilst modelling healthy, balanced lifestyles for our students. This INSET is designed to give all staff an insight into how they can each live and teach in a more sustainable, balanced way as well as challenging everyone to play their part in creating a school community that values everyone.

Key Learning objectives include:

- How to achieve balance
- The 6 Psychological Needs of all human beings
- Achieving a mentally healthy school culture
- How to manage stress (and stop creating it!)
- The role of all staff in creating a positive working environment
- How to improve staff retention & performance

(see below for full programme)

Course Presenter

Peter Radford

Peter is an experienced public speaker, teacher, trainer and coach with a wealth of experience of leadership, management, personal development and education. He now works with businesses, organisations & schools to help develop the strategies and momentum to meet the challenge of change and achieve their goals.

Peter has worked in education for over 20 years and as a school leader has particular experience in effecting change at a whole school level through addressing systems and mindsets that stifle progress. Peter has overseen Ethos & Aspiration in two large secondary schools and led both to achieve the Unicef Rights Respecting School Award. He now speaks to students and staff around the country inspiring change.

The training takes place in a welcoming, supportive environment. Colleagues will be able to participate and ask questions.

Suggested full day Programme (this can be condensed for shorter sessions)

9.30 – 10.00	Welcome and refreshments
10.00 – 10.45	Session 1: Exploring the problem <ul style="list-style-type: none"> • The teaching crisis and what has brought us to this place • The components of a balanced teacher • The 'measuring' conundrum • Towards a more holistic approach
10.45 – 11.35	Session 2: Emotional Literacy <ul style="list-style-type: none"> • What 'balance' means and how to model it • The Six basic Psychological Needs of all human beings • Unpacking the components of staff engagement • The ABC of stress and what it means for our schools • Creating a safe-to-fail work environment
11.35 – 11.55	Refreshment break
11.55 – 12.45	Session 3: The Hallmarks of Dynamic Teams <ul style="list-style-type: none"> • Re-thinking motivation and its implications for the way we do school • How to build teams that work • What we all want most and where it needs to come from • How to lead effectively and sustainably • Dysfunctional Vs Dynamic leadership
12.45 – 1.45	Lunch
1.45 – 2.50	Session 4: Culture Change: embedding wellbeing into school life <ul style="list-style-type: none"> • Developing mentally-healthy policies and procedures • Developing a positive Rights Respecting school culture • Doing school differently: creative and practical possibilities for change • Taking Ethos & Values seriously – how to move forward together
2.50 – 3.00	Comfort break (grab a tea/coffee, take back in session)
3.00 – 3.30	Session 5: Implications and Practicalities <ul style="list-style-type: none"> • Challenges and Obstacles to change • How to re-think and your purpose • Looking forward to the future: possibilities ahead! • Next steps