

Supporting Hampshire Headteachers



Hampshire
County Council

Educational
Psychology

Hampshire Educational Psychology (HEP) is a team of applied psychologists, and all are HCPC registered. We want to be able to support our Headteachers to allow them to be their best selves. We can offer different forms of support. As psychologists we all engage in monthly supervision, it's a part of our working practice and we can absolutely see the benefits of regular support in our working lives.

HEP is providing support in the form of (i) Work Discussion Groups, (ii) individual supervision sessions and (iii) coaching sessions. We are happy to discuss with a Headteacher which type of support might best suit their needs at the time. Sometimes people have personal preferences and sometimes it's a match to the nature of the situation at the time.

Work Discussion Group for Headteachers

These are small supervision groups facilitated by two Educational Psychologists (EPs) bringing psychology to leadership and ensuring a supportive space for emotional wellbeing and complex problem solving. Strategies used in these sessions can be applied back in the school setting. An opportunity to share and celebrate progress but also to work on the things worrying you. These are held at the local EP office base to give some protected space. The cost per annum is £360 for half-termly two hour sessions. Enquiries to Anna.Nolan@hants.gov.uk

Individual Headteacher Supervision

Regular one to one supervision sessions enable a safe space for reflection and learning, an opportunity to focus on the things that are worrying the Head as well as building confidence and thinking together about strategies that will help. Supervision can support wellbeing and develop different ways of thinking. Typically monthly or half termly sessions of an hour. Can be face to face or virtual. Enquiries to your link Service Level Agreement (SLA) EP or your Area Senior EP (ASEP).

Individual Headteacher Coaching

Regular one to one coaching sessions enable a safe space for reflection and learning. These sessions can be holistic exploring areas of growth for the Headteacher in various elements of their life. There will often be a process of goal setting and as such coaching can be a little more future focused than supervision. Coaching is a collaborative and facilitative relationship helping the Headteacher to reflect upon and develop their role. Typically monthly or half termly sessions of an hour. Can be face to face or virtual. Enquiries to your link SLA EP or your Area Senior EP.

Contact your local Area Senior Educational Psychologist
(as below) or your SLA link EP

Email: West - anna.nolan@hants.gov.uk
North – dan.taylor@hants.gov.uk
East – c/o sara.hutton@hants.gov.uk
South – jamie.coe@hants.gov.uk