

WELL-BEING SUPPORT FOR LEADERS IN HAMPSHIRE

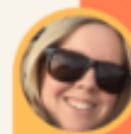


PEER SUPPORT & 1:1 SUPPORT

100% of our Headteachers would recommend the programme to another Headteacher



"Thank you for the empathetic way you lead these sessions. The way you facilitated this meant I grew to trust the group and knew it was a safe space to speak openly. The sessions gave me a safe space to talk and also reminded me why I do actually love the job despite the stresses." Hampshire Headteacher



"The sessions gave me an opportunity to speak freely without judgement. To listen to other headteachers about how they manage difficult situations. It was helpful to hear from others going through similar situations and also gave me perspective. They felt informal and welcoming; quality time to focus on myself as a leader and how to manage all the stresses the job brings." - Hampshire Headteacher

What's involved?

- One session per week
- Groups of 15
- Informal conversation, active listening, peer appreciation and celebration
- Confidential, a safe space to be authentically you.

Your contribution?

- Attend as many sessions as you can
- Be authentically you
- Be active in your listening and in your contribution
- Be open to being peer coached and supporting others

SIGN UP TO JOIN A PROGRAMME

[HTTPS://FORMS.GLE/XKJWX6PHUL9BYU2S9](https://forms.gle/XKJWX6PHUL9BYU2S9)



OVERWHELMED? NEED A LISTENING EAR?

Get in touch & we will call you back



<https://forms.gle/F944PCjLkENncSUx5>

1:1 CONFIDENTIAL SUPPORT

HeadsUp4HTs are available to talk with Headteachers who are looking for 1:1 emotional support & a listening ear.

- Confidential, non-judgemental safe space to share
- Up to 3 x 30 minute supportive phonecalls
- Wellbeing and emotional support
- A listening ear from someone who is or has been a Headteacher

JOIN A GROUP!