



Headteacher Wellbeing

Building psychological flexibility to respond well to challenges

7 or 13 February 2025

Following the success of our *Investing in School Leaders Conference 2024*, we are pleased to offer this seminar to continue our focus on supporting school leaders in strengthening their wellbeing.

With: Hazel Anderson-Turner, Business Psychologist and Mindset Coach

Hazel presented at our conference in March 2024 and will be leading a half-day session aimed at supporting leaders to develop skills and have practical strategies to be supported in staying well whilst managing contexts.

Hazel will focus on helping delegates build psychological flexibility, enabling us to think better, make better choices and to navigate our emotions in a healthier way, supporting us to consciously respond to challenges rather than instinctively react.

We expect the session to be stimulating and practical, building on the strong positive response to her input in March.

The session will finish with a further input about parental engagement and strategies to positively support this.

Learning outcomes:

- Improvement in understanding of strategies to help wellbeing for headteachers that is specific to their role.
- Networking and reflection opportunities.
- Opportunity to explore working positively with parents

Cost: Hampshire maintained schools £25
Hampshire academies £50

Available dates	Time	Location
7 February 2025	08:30-12:30	Whiteley
13 February 2025	08:30-12:30	Eastleigh



To book your place, please complete the [Headteacher Wellbeing seminar booking form](#).