

Staying Well As Leaders



A much needed Masterclass for Headteachers, Senior Leaders & Aspiring Headteachers, funded by Bradford Opportunity Area

Jointly led by Kim Shutler, CEO of Cellar Trust, and colleague Michelle Rhodes. The Cellar Trust is a Bradford District with over 30 years' experience of working tirelessly to support positive mental health and wellbeing.

School Leaders are operating in unprecedented and challenging times, which will inevitably be impacting on mental health and wellbeing. With that in mind we want to ensure leaders across the district 'stay well' by providing practical and emotional support for Headteachers, Senior Leaders and their teams.

Programme Aims:

- **Develop and understanding of how leaders build resilience, support others and maintain wellbeing**
- **Explore the impact of Covid 19 on mental health**
- **To obtain a basic understanding of how best to manage stress and anxiety.**
- **To provide an understanding of contributing factors to mental wellbeing**

Book your place(s):

<https://exceedinstitute.eventbrite.com>

Tuesday 2nd February 1:00pm -3:00pm

or

Thursday 4th February 9:30am -11:30am

Masterclass events will be hosted via Zoom. This online learning environment will allow whole group and breakout sessions giving you a chance to meet other school leaders and experience short practice.

