

Suffolk



# Headteacher "Review & Reflect" Day



**Integrity Coaching invites you to join us for its very first Suffolk "Review and Reflect" session designed to provide a safe, collegial space for headteachers to take stock, gather their thoughts and reflect on life as a school leader.**

## Key Information

In the frenetic life of a school leader time and space are increasingly rare commodities. With a constant flow of meetings to be held, problems to solve and fires to put out – it can be very hard for leaders to find the time and space to be still and think.

That's why we have decided to host these termly Headteacher "Review and Reflect" sessions. These gatherings have been designed to provide a safe, nurturing and confidential environment. Where like-minded Headteachers can come together to take a step back from the busyness of school life and reflect (even if just for a few hours) and consider solutions for dealing with the daily challenges of school life.

**Venue: Mill House, Mill Hill, Earl Soham, Suffolk**

**Date: Tuesday 21st May**

**Time: 1.00pm – 4.00pm**

**Cost: £89.99+VAT**

## What's Involved

This interactive half day session will include a few processes for supporting both individual and group reflections: Such as:

- **Facilitation of individual, paired and small group work** (Please note this is not a training session; no-one will be espousing from the front telling you how to do your role!)
- **Reflection on short leadership think pieces** to help deepen individual and group reflections on the Headship role
- **Solution-focused questioning** and tools to support participants in finding solutions for their own challenges

## Benefits

These sessions are designed specifically for Headteachers so that they can come away with...

**Confidence** - Increased confidence in your own ability and how to carry out the role in a way that maintains your integrity and authenticity

**Relationships** - New connections and relationships with other Heads that you can tap into as a source of support

**Clarity** - A greater sense of clarity about steps you need to take to achieve your goals for the following term

**Resilience** - An understanding of how to be better cope with the stresses of school leadership and stay well in the process

## The Facilitator - Giles Barrow

The session will be led by **Giles Barrow**, an Integrity Coaching Associate.



It will be based in a beautiful, glass fronted yurt on Giles' farm. The farm is in an idyllic setting and provides the perfect space for stillness, quiet and supporting individual and group reflections.

Book today. Places are limited. To reserve your place, please email us by Friday 3rd May.  
Email: [office@integritycoaching.co.uk](mailto:office@integritycoaching.co.uk) Visit our Website: [www.integritycoaching.co.uk](http://www.integritycoaching.co.uk)