

Governor Training 2024 -2025

Face to face Wellbeing session for Head Teachers and their Chair of Governors

Tuesday 22 October 2024 • 9am - 1pm at the Town Hall

Arrival for 9am breakfast and networking



We are delighted to offer this new opportunity in our programme, for Head Teachers and their Chair of Governors to attend a session about their wellbeing.

The morning will be split into two sessions and includes arrival breakfast and a mid-morning break.

Session 1: Will focus on understanding tension, stress and anxiety

- Provide an overview of typical physical and psychological responses to stress, tension and anxiety.



- Explain the changes that occur in language, thinking and reasoning when experiencing low, moderate, and high levels of stress and anxiety.



- Introduce the connection model for wellbeing and healing from trauma.



- Explain and demonstrate practical and easily applied ways to respond to our own stress, tension and anxiety and that of others.

Session 2: Will focus on having difficult conversations

- Reflect on a range of different conversations and past experiences of difficult situations that require a structured conversation.
- Introduce the “HEAR” model, (Alison & Alison 2020).
- Introduce skills that underpin successful conversations and how these apply to difficult conversations.
- Introduce a framework for preparing effectively for a difficult conversation so that the changes of a positive outcome are maximized.
- Help you recognise when a conversation could be difficult for both parties and be able to apply the HEAR Principles without preparation time.

Don't Delay, Book Today.

If your school has not purchased the Local Authority training programme, the charge for this course is £100 per school.



DARLINGTON
Borough Council

For more information and to book a place, please contact tara.mccormack@darlington.gov.uk