



**Connect, reflect, and
develop your skills with
other headteachers**

Headspace

What is Headspace?

Headspace is a confidential, personal and professional development programme to help you develop your performance as a Headteacher.

“ Headspace is an opportunity to step off the treadmill and to reflect and challenge like-minded colleagues. It gave me the energy and renewed vigour to step back on.”

Headteacher, Suffolk

The benefits to Headteachers



Managing change more successfully



Improved resilience / ability to work effectively



Improved strategies for leadership



More confidence in managing performance

Why join Headspace?

Our experience tells us that Headteachers need the time and space to sustain their own resilience and personal and professional effectiveness so they can meet the constant demands of the job. Headspace offers a safe and confidential environment where Headteachers can explore the most effective leadership behaviours and learn from each other, using action learning and problem-solving techniques.

How does Headspace work?

Headspace runs over a period of twelve months and is **customised to meet the needs of the Headteachers** within their specific local context. Our consultant will work with each group of Headteachers to suit their needs.

The programme consists of a **whole day introductory session**, followed by **five half day morning sessions** which end with lunch.

What does it cost?

To find out what your local Headspace programme costs, please get in touch with us on **0207 697 2750** or **info@edsupport.org.uk** and we will put you in touch with your regional consultant.

What else can Headspace offer?

Education Support Partnership believes that offering Headteachers confidential and personal support that helps them to maintain their own wellbeing is a key factor in improving the effectiveness of the workplace as a whole. That's why we also provide free access to our Employee Assistance Programme; a specialist team of advisors and counselors who support people working in education.

The service is available 24 hours a day, 365 days a year, is completely confidential and provides support by telephone or online on a wide range of issues including:

- Emotional support and counselling
- Management consultation to support those responsible for managing others
- Specialist information on work-life issues
- Financial advice and debt counselling
- Legal advice and guidance
- Up to six sessions of face-to-face counselling

Headteachers have gained the following benefits through their active participation in the programme:



Greater ability to prioritise and manage demands



Renewed enthusiasm for the job



Insight from other school environments

Who are we?

Education Support Partnership is the charity for the education workforce.

By using the Employee Assistance Programme, you are supporting the only charity dedicated to improving the health & wellbeing of the entire education workforce. Any surplus from this programme along with individual donations help to fund our free charitable services.

Our free 24-hour helpline for education staff gets around 30,000 calls a year from people working in education who have reached breaking point.

We also offer grants to education staff and their families who are struggling financially so that they can get on with their lives and be at their best.

We've been helping education staff since 1877

We began as the Teachers' Benevolent Fund to support the orphans of teachers. Since then we have helped thousands of education staff and their families, constantly evolving to meet the changing needs of the sector. Today, as Education Support Partnership, we are proud to be the charity for all education staff whether training, serving or retired.

With over a third of education staff expected to leave the profession by 2020, our services are needed now more than ever. We currently support over 60,000 individuals and 1,000 organisations each year, but we want to reach many more.

Get involved

We need you to help us spread the word and make sure we are supporting everyone who needs us. You can donate to us, campaign with us, volunteer for us, share your story or speak to your local school. Simply get in touch at info@edsupport.org.uk or visit edsupport.org.uk/GetInvolved for more details.

You can learn more about our work at edsupport.org.uk or by calling **0207 697 2750**

Supporting you
to be your best

Education Support Partnership is
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 **Education
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