



**Connect, reflect, and
develop your skills with
other senior leaders**

Yourspace

What is Yourspace?

Yourspace is a confidential, personal and professional development programme to help you develop your performance as a senior leader.

“ The Yourspace sessions have been a real lifeline for me. However tired and overloaded I feel when I walk in, I come out feeling reenergised and ready to face that world again”

Helen Marsden, Deputy Head



The benefits to school leaders



Managing change more successfully



Improved resilience / ability to work effectively



Improved strategies for leadership



More confidence in managing performance

Why join Yourspace?

Our experience tells us that senior leaders 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. Yourspace offers a safe and confidential environment where school leaders can explore the most effective leadership behaviours and learn from each other, using action learning and problem-solving techniques.

How does Yourspace work?

Yourspace runs over a period of between six and twelve months and is **customised to meet the needs of the school leaders** within their specific local context.

The programme consists of **4 half day sessions**.

What does it cost?

To find out more about how Yourspace works and what it 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 Yourspace offer?

Education Support Partnership believes that offering school leaders 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 Education Support Partnership's specialist team of advisors and counsellors, experts at supporting those who work in schools.

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 and legal information
- Up to six sessions of face-to-face or telephone counselling

Senior leaders 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 attending Yourspace, 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. That's why we provide independent, confidential support, to help people deal with stress and anxiety, bullying, career and money worries, and a range of other issues.

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.

Get involved

We need you to help us spread the word and make sure we are supporting everyone who needs us. You can 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 for more details.

Support us

We rely on the generosity of our supporters to continue our vital work. If you'd like to support those working tirelessly to educate future generations, please make a donation today. Just £7 allows a counsellor to answer a helpline call to someone in distress.

To make a donation go to edsupport.org.uk/donate or call us on **0207 697 2750**.

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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