

Developing resilience in self and others

Dates: Friday 3rd May 2024

Time: 9:30 - 15:30

Venue: Virtual meeting via Zoom

Trainers: Dr Mike Rotheram

Audience: All Educational Leaders

As a role model of this strong leadership, you will be able to promote resilience-based strategies within the staff that you lead and in turn begin to develop it in your children.

This full day course will:

- Help you to look at the leadership challenges you face and the impact these have both on yourself and the people that you lead (both in and out of school);*
- Help you to build your personal robustness as a leader so that you can tackle challenges in a more effective manner;*
- Explore the factors which promote/reduce resilience in self and others;*
- Learn strategies for managing factors which impact our wellbeing and resilience (e.g., social media, criticism);*
- Creating the right culture by role modelling the behaviours needed to shape resilience;*
- Developing an effective work/life balance.*



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