

Mental Health and Wellbeing Support for Headteachers

Part Two:

Headteachers help children to stay healthy, happy & positive...

...but It's important that as a headteacher, you also look after your own mental health and wellbeing.

If you feel you require urgent mental health support

Phone the NHS Mental Health Crisis Service:
0300 200 0011

Need a listening ear?

Free leadership support is available from your local authority.

Up to three 1-2-1 sessions of 50-75 minutes are provided free of charge. Further sessions are available for an additional fee to the school.

Sessions are confidential unless there is a safeguarding concern. The following professionals are available to provide support:

We have extended our team of school improvement professionals to lend a listening ear. The colleagues highlighted here are offering their services in addition to those we introduced in our last edition: headteachers are welcome to select the person they feel is most appropriate for their needs.

Penny Brown

Penny is an experienced Head Teacher with a strong track record of success in raising standards in schools in challenging circumstances in Derby and Derbyshire. Penny has taught in all year groups from R-Y6 and led on curriculum development and SEND. Throughout her career Penny has gained a strong moral purpose which has driven her to share her expertise, knowledge and experience with future education specialists, teachers and leaders. In her recent roles as an LLE and Executive Principal for three schools, Penny has experience of supporting and developing heads and leaders through coaching, training and mentoring. Penny is currently running a Learning Hub with a focus on supporting vulnerable pupils and those with SEND. **Contact Penny at: littleoverlearninghub4a@gmail.com**

Jane Killingbeck

Jane has extensive experience working in close partnership with primary and secondary school leaders in different contexts, including as an LA English and School Improvement Advisor across local authorities and as a Leadership Coach. Her recent accreditation is a Masters' qualification in Executive Coaching and Mentoring (ILM 2019.) Jane's style is democratic, passionate about making a difference through solution focused support to achieve required or desired outcomes. She is an active member of Association for Coaching (AC), the European Mentoring and Coaching Council (EMCC), The Trusted Coach Directory. Jane is an experienced and practising Leadership Coach working also with school leaders and PGCE trainees as an Associate Teaching Fellow / Tutor at Warwick University, as AQA hub lead with Oxfordshire schools, a Warwickshire primary school governor and independent consultant. She welcomes any questions about the process of coaching.

Contact Jane at: Janekillingbeck2020@gmail.com or 07816 072457.

Jacqui Lemaitre

Jacqui Lemaitre is an experienced educationalist with many years working in community and faith and non-faith schools. She is a current National Leader of Education working with many Headteachers all over the country as well as a C.E.O for five large primary schools around London. Previous to this role Jacqui worked for 15 years as a Head teacher, 6 years as an Executive Head Teacher and ran a successful Teaching School for 5 years, supporting many schools to Good across Worcestershire and Warwickshire. She has teaching and leadership experience across the primary age range and is also currently working supporting local Governing Boards through targeted training and support. She is a trained School Improvement Partner and Ofsted Additional Inspector and holds a Master of Arts Degree in education. She has written for The Guardian newspaper and carried out several research projects around Special Educational Needs and Leadership structures. **Contact Jaquie on jacqui@jlemaitre.co.uk**

Gill Weston

Gill Weston has over 35 years successful experience in education as a teacher and leader, much of which has been working in the Midlands region. Roles have included Assistant Director of Children's Services for Education, Learning and Skills; Primary Strategy Manager; School Improvement Partner and Adviser, and Improvement and Development Officer for children's centres. Gill is now a freelance education consultant working with school leadership teams in a range of partnerships including teaching school alliances, multi-academy trusts and local collaborative groups. Her work includes: research based leadership coaching and development work for groups and individuals; training in curriculum leadership; advising governors for headteacher performance management and headship appointments.

Contact Gill at gillian.weston@westoneducation.co.uk

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The majority of our Listening Ear professionals will be available for most of the summer holiday.