
Taking Care of People you Lead

Taking Care of People you Lead is a programme of three interconnected online sessions for Senior Leadership in education.

By considering your own and your teams personal health and wellbeing needs, you can then develop strategies and resources which link authentically to any support you offer to others.

Session 1 (You)

People are supported to manage their own mental health and wellbeing

We need to understand that we all have mental health and recognise when our wellbeing might be at risk. This session gives participants an interactive experience - through whole group discussion and breakout space - to reflect on what will help to sustain them to manage the stresses and strains of life in relation to their work.

Session 2 (Others)

People are supported to recognise influences on others mental health and wellbeing

We need to support the workforce to recognise the impact that trauma can have on their, and others, actions and behaviours. This session offers an opportunity for participants to consider how they view and engage with each other through a relational lens.

Session 3 (Culture)

People are supported to consider the impact ethos and culture has on mental health and wellbeing

This session offers participants the opportunity to consider the wider environment/culture in which they operate and how it could improve to better meet the wellbeing needs of all.

These sessions will be co-delivered by Barnardo's Education Community and Barnardo's Scotland.



This offer will be available from 2024

If your school/setting is interested, please contact Barnardo's Education Community to discuss further: BECommunity@barnardos.org.uk
