



ABLE Autumn Conference – 4th November

Managing your School in Challenging Times

Keynote – How trauma can be a catalyst to a personal awakening – Lis Cashin

Audiences leave feeling emotionally engaged, uplifted, informed and inspired. They will take away key insights around trauma and how it can lead to post-traumatic growth.

Aged 30 Lis was in a physically and emotionally abusive relationship, taking drugs and partying every weekend and her life was spiralling out of control. It had all started when as a promising teenager she killed a friend in a tragic accident at school and for which the school were held to be responsible. Because therapy wasn't available at that time, she lived with undiagnosed PTSD and created some very destructive beliefs about herself and went on to blame and punish herself for many years.

Until one day she had a personal awakening and began a journey of healing and personal transformation that has seen her completely change the way she views herself, life and everyone else around her. In this talk Lis will share the lessons she has learned that can give a roadmap to others who might be struggling with their mental health, or who support others who are, and how trauma can be the catalyst to personal awakening and personal freedom.



Lis Cashin is an award-winning author, TEDx and global speaker and trainer, and passionate mental health, wellbeing and personal development consultant.

She works with individuals, schools and organisations to unlock potential, transform mental wellbeing and achieve more.

With an inspirational mental health journey of her own, she delivers keynote talks, is on speaker panels and delivers consultancy and training to help develop mentally healthy cultures that are emotionally engaging, honest and real environments in which to be and work and where everyone thrives.



Workshop - Being resilient to cope in times of stress – June Brade, SAS

June's presentation will cover signs and symptoms of stress and how to be resilient in times of emotional pressure.



June Brade is an accomplished therapist with over 10 years' experience and specialises in managing anxiety and stress. She has worked for over 5 years within the education sector, working with clients one-to-one or as part of a group session. June's qualifications include:

- Neuro Linguistic Programming Practitioner
- Coach ABNLP
- Psychotherapist MNCP
- Clinical Hypnotherapist DipHyp GHR

Workshop MS Teams for Teaching and Admin – John Brown, Director of Atom IT

This workshop will cover:

- Teams Management for SBMs - a quick guide to managing your Teams structures and controlling access to data.
- Teaching in Teams - Using OneNote Classroom for Teaching and Learning.
- Able Teams Forums - How to log in and use our new forums for collaboration.

John is a Director of Atom IT Solutions with responsibility for identifying and adding cloud solutions to our service offering. With a long history of designing and implementing new technologies and methodologies, John has extensive experience with Office 365 and has migrated, trained and supported over 300 organisations. This now includes Microsoft Teams for over 15,000 users. Recently he has introduced and embedded remote learning solutions using Microsoft Teams for approximately 80 schools in response to the Covid-19 crisis.



Workshop - Top Tips to successfully complete the SFVS or SRMSAT – Vicky Butters, SAAF Education

The workshop will cover:

- New requirements for academies to complete the SRMSAT
- Tips for schools to complete the SFVS
- Explanation of the checklist questions
- Effective benchmarking



Vicky Butters has over 17 years' experience providing strategic, operational and transactional financial management support to schools, academies and multi-academy trusts. This experience was gained through her current position at SAAF Education as Senior Finance Consultant and previous position in Nottingham City Council's School Finance Team. Vicky has a thorough knowledge of school and academy finance and supports multiple clients with budget setting each year. Vicky's friendly and approachable manner enable her to deliver training to a varied audience and explain complex information in a jargon free way.

Workshop - Getting School Estate Management Training Right Tim Reade – Head of Property Advisory Services -CIPFA

Reviewing the diversity of infra and estates knowledge, skills and experience throughout the education estates and the challenges this presents to ensuring a fit for purpose schools' estate.



Tim Reade MRICS is the Head of Property Advisory Services at the Chartered Institute of Public Finance and Accountancy. He leads a team of highly experienced chartered surveyors delivering network events, conferences, training and consultancy to both property professionals and all public sector organisations to enable them to better understand and inculcate best practise in estates and infrastructure delivery.