



## Speaker & Workshop Details 08 December 2021

### **Darrell Woodman – The Art of Brilliance**



Darrell is a trainer and Director of Art of Brilliance Ltd. He was plucked from a leadership role within media, where he spent time (and blood, sweat and tears) helping develop talent in the media industry. Instilling positivity, confidence and self-belief has been a major factor in his coaching of people and teams from radio stations in Sheffield, Hull and Wolverhampton (he likes the glamorous locations). He has many proud moments in his career, but none more so than seeing individuals achieving and feeling greatness - greatness which has been recognised by numerous prestigious radio awards.

Darrell is married with 2 wonderful boys and his lifetime goal (apart from being the best Dad on the planet) is to inspire millions of people across the world. Darrell joined the 'brilliant' team in 2011.

Darrell has immersed himself in the 'brilliant' philosophy and is now a boffin in areas of positivity, happiness, wellbeing and flourishing...well he now has an MSc in Applied Positive Psychology, which makes him sound like a boffin!

Darrell brings a wealth of knowledge and experience as well as our core values of simplicity, energy and fun. He is also the co-author of the best-selling book 'The Art of Being a Brilliant Teenager' (Capstone 2014).

### **AM Keynote – Shift Happens, Darrell Woodman – The Art of Brilliance**

#### **What's New?**

Shift happens. It's always happened. The difference nowadays is that shift is shifting faster. In recent times, shift has hit the fan.

The world is moving faster than human evolution. We've been outpaced. And as the world changes, so do the damn rules. The game of life's difficult enough, but if you're playing by the old rules, you're accidentally opening yourself up to a whole load of problems.

To do more than survive – to thrive and come alive – you need to be able to thrive in this superfast world.

#### Two facts and a strange word

Fact #1: You are amazing, and you possess all the inner resources you ever need.

Fact #2: The modern world is really good at making you forget. It's super-efficient at grinding you down.

Strange word: metanoia. It means changing your mind. Almost literally. In positive psychology it's about transformation; a rethinking of your thinking. Get it right and your brilliant attitude and inner confidence become baked into your habits.

You are your best self even when nobody's looking.

Amazing isn't what you do. Amazing is who you are.



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Same but totally different

### AM Workshop – Self-Care, Darrell Woodman – The Art of Brilliance

Self care: it's all about you! Once upon a time...

... someone, somewhere, decided that a day would be split into 24 hours. That might have been okay back when 24 hours was plenty, but nowadays? It's not nearly enough. We end up cramming. The result? Look around you. Most people are living life fast, but are they living it well?

Although the 24 thing remains fixed, the quality & quantity of energy available to us is not. The more we take ownership of our own energy, the more empowered, effective and brilliant we become.

Our SELF-CARE session seeks to impart ideas, information and most importantly, strategies for application towards a shift in energy & engagement.

Be-YOU-tiful

We're all aware of the mind/body connection. Therefore, SELF-CARE needs to take account of your mental and physical wellbeing.

But how can we stay on top form when our work routine is shot to pieces? Or, if we dare to pose an even bigger question, would it be possible to emerge from the pandemic pandemonium in a better physical shape than we entered it?

It's possible. You'd just need to know how (and then have the motivation to follow through on the 'how').

SELF-CARE addresses the basics. This session will give tips and techniques on how we can have a healthier, balanced diet, exercise regularly and get a good night's sleep.

Wakey-Wakey!

Please note, this is not a finger wagging session. Rather than a telling off, SELF-CARE is a wake-up call. Your body is a gift. There is no receipt so you can't swap it, but you can learn to look after it well. The promise is that if you improve your physical wellbeing, your energy, mental health and vitality will begin to take care of themselves.

There is no such thing as 'one size fits all'. However, our aim is to inspire you to go and do your own 'experiment of one', try some new ideas and see if they work. These tips and techniques won't work unless you do them!

That's why our special motivational magic is built in as standard.

### **Katya Halsall – Education Mutual**



Katya is a vocational rehabilitation expert, with over 20 years' experience in supporting individuals with health problems to stay at, return to or remain in work.

A Matheson Certified Work Capacity Evaluator (CWCE) and a Bond Solon Civil Expert certified expert witness for employment and occupational health related matters such as capacity for work, functional abilities and limitations.

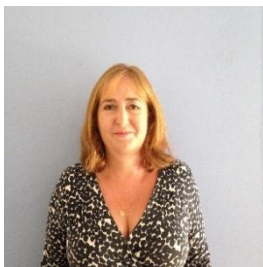


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### AM Workshop – Managing Workplace Sickness Absence Effectively & Confidently – Education Mutual

- Setting expectations: employee and employer’s role in managing and minimising absence
- Communication
  - Preparing a check list for the call
  - Interviewing the absent employee by phone
  - Setting the tone and asking the right questions
  - Red flags
- How to get the best out of Occupational Health and or GP Communications
- Job retention v Sickness Absence Management
- Supporting a returning employee
  - Workplaces adjustments
  - Graduated Return To Work (GRTW)
  - Flexible hours
- Dealing with difficult situations
- The essentials of Sickness Absence Management - such as:
  - Work contract policies
  - Robust, but fair procedures
  - Time planner for communication
  - Escalation procedures
  - Health assessment for contract termination etc

### **Vicky Butters – SAAF Education**



Vicky 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.

### AM Workshop – Financial Forecasting for outturns or management accounts, Vicky Butters, SAAF

The workshop will cover:

- Frequency of forecasts
- Ensuring your finance system is up to date- LA maintained or Academy
- Checking outstanding Purchase orders and outstanding invoices
- Salary forecast accurate and up to date
- Using data from finance system for actuals to date
- Forecasting using known information/data
- Submission to LA/Board/trustees



## Speaker & Workshop Details 08 December 2021

### **Antoinette Dale Henderson – The Gravitas Coach**



Antoinette is an executive coach and speaker with over 25 years' experience in leadership communications, including 16 years holding senior positions in some of the world's top PR agencies.

Frustrated by the insight that many leaders get told they 'need' more gravitas/executive presence to succeed without being shown how, she launched The Gravitas Programme to do just that, inspiring and enabling leaders to fulfil their potential.

She specialises in strategically-driven, results-orientated masterclasses that make a powerful difference to executives, boards and top teams in the UK and internationally. Her unique methodology is based on extensive global research into the six qualities that combine to make up this essential and yet often intangible business skill. Her belief is that anyone can develop gravitas if they choose to.

### **PM Keynote - How Gravitas Can Maximise Your Impact and Influence – Antoinette Dale Henderson**

Gravitas is an essential quality for development. People with gravitas command respect, communicate with confidence and stand out from the crowd. The good news is, anyone can develop gravitas when they follow Antoinette Dale Henderson's proven methodology. In this keynote, developed exclusively for ABLE, she shares insights and practical guidance from her book, *Leading with Gravitas*.

### **PM Workshop – Communicating with Assertiveness & Confidence – Antoinette Dale Henderson**

In this workshop, Antoinette Dale Henderson will explore how to build a confidence mindset and share tips on how to use your body language, voice and word choice to get your voice heard.

She's author of two books: *Leading with Gravitas: Unlock the Six Keys to Impact and Influence* and *Power Up: The Smart Woman's Guide to Unleashing Her Potential*, which has been featured extensively in the media and shortlisted in the Business Book Awards under the category of exceptional book that promotes diversity.

As a Fellow of the Professional Speaking Association and the Global Speakers Federation, she's frequently invited to deliver keynotes and speak on panels about gravitas, leadership and promoting the cause of women in business.



## Speaker & Workshop Details 08 December 2021

### **Matt Pike, Financial Consultant for Teachers at Wesleyan**



Matt provides specialist and tailored financial advice to teaching professionals in Nottinghamshire and parts of Lincolnshire. He has been in financial services for over 10 years and joined Wesleyan in 2019. He can provide advice and guidance on the Teachers' Pension Scheme, Local Government Pension Scheme investments, pensions and protection, and is fully qualified to give mortgage advice.

### **PM Workshop - Helping you and your staff understand their Teachers and Local Government Pension Schemes – Matt Pike, Wesleyan**

The workshop will provide you with the information and resources to support your staff on their occupational pensions.

Key areas covered in the workshop will include:

- An overview of the Local Government Pension Scheme (LGPS) and Teachers Pension Scheme (TPS) features, benefits and options
- What you and your staff can expect from the schemes
- Other financial planning areas you and your staff need to consider
- Support for the financial health and wellbeing of your staff
- What your actions and next steps should be following the workshop

### **Andy Mellor, SAS**



Andy is currently the National Wellbeing Director for Schools Advisory Service, a previous National President of the NAHT and the lead for the Blackpool Teaching School Alliance.

He is a National Leader of Education, having worked in Blackpool schools for 20 years. Andy is chair of the Blackpool MAT CEO group and the Local Culture and Education Partnership as well as being a member of the Blackpool Education Improvement Board. He was a member of the NAHT Accountability Commission and the Blackpool Opportunity Area board and is on the Advisory

Board for CollectiveEd.

He was previously the headteacher of St Nicholas C of E Primary School in Blackpool having taken the school from Requires Improvement to Outstanding.

Andy's wife is a teacher and he also has two teenage daughters. He loves to cycle and for his sins, is a season ticket holder at Preston North End.



## Speaker & Workshop Details 08 December 2021

### PM Workshop – Whole school wellbeing and its impact on staff, pupils and outcomes – Andy Mellor – SAS

This session will support you to build a whole school wellbeing approach which will start with an agreed definition of wellbeing, what it looks like and how it can support the mental health and wellbeing of those within the school community.

The approach outlined will help to built positive mental health and wellbeing allowing schools to be preventative in supporting staff and pupils leading to happier staff and pupils and better outcomes.

The suggestion that schools have to choose between wellbeing or Ofsted is a false dichotomy and this presentation will explain why.

### 1-2-1 sessions in the breaks in the upstairs Suites (booked on a first come first served basis)

**Mandy Gallagher:** As Head of Nursing of SAS, Mandy has a wealth of experience in NHS and Education focusing on health and wellbeing. Make a ten-minute appointment to have your cholesterol or blood pressure tested in the coffee or lunch break.

**Dr Sandi Mann:** As mental health and wellbeing varies for everyone, Education Mutual support teaching staff with a range of therapies to suit a wide variety of situations and needs. Sandi will be available for brief consultations (10 - 15 mins) to give advice to individuals, opportunity to confidentially discuss specific issues and provide advice on dealing with mental health and emotional issues.