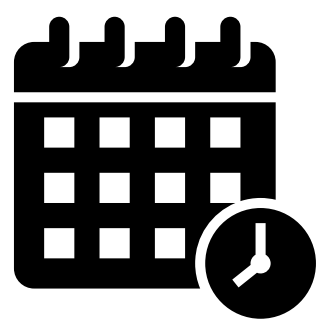


## Personal Development and Wellbeing



**WEDNESDAY 06 JULY, 2022 | 09:00-12:30**

**Springwater Golf Club, NG14 6FZ**

We are excited to provide four workshops to teach you new skills to boost the wellbeing of you and your team.



### Leadership, Mentoring & Coaching- Karen Bonser

#### Workshop Content

- Leadership
- Coaching
- Mentoring

With more than three decades of business experience in the commercial and educational sector, Karen has a solid reputation as a competent, responsive and passionate expert in the field of business management and professional development. Having been an Executive Leader for a large multi academy trust in Nottinghamshire and Business Consultant to a number of other educational and business establishments for over 30 years, Karen has a vast range of skills, experience, knowledge and a passion to support and further develop leaders and their teams working in a wide range educational business areas. Outside of the educational field, Karen is also a carer for her Husband, Mick, who at the age of 51 was diagnosed with Alzheimer's – he is now 54. Wanting to help and support others, her business and charity management experience now provides valuable skills in her role as the Registered Charity Manager for 'Vicky McClure's Dementia Choir', of which her Husband is a choir member.



### Apprenticeships- How to Add Value to Your Team- Stephanie Coleman, Busy Bees

#### Workshop Content

- What apprenticeships are today
- Adding value to your team
- Apprenticeship structure
- Why upskill
- Off the job training

Steph Coleman's career began in commercial radio across the East Midlands in the 1990's when roadshows were still the rage and stations broadcast live from hundreds of studios up and down the land. Loving every minute but with a young child a new opportunity arose, and Steph moved into the world compliant procurement and spent 7 years supporting schools and academies with catalogue sales and framework solutions. Steph now works at Busy Bees Education and Training supporting the early years and education sectors with upskilling teams through apprenticeships and CPD training opportunities.

**REGISTER NOW!**

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**FREE for ABLE members/ £50 +booking fee for non-members**

## Personal Development and Wellbeing



### Managing your own Wellbeing- Andy Mellor, SAS

#### Workshop Content

- **Your Wellbeing**
- **Wellbeing at Work**
- **Personal Wellbeing Audit**

Andy is the National Wellbeing Director for Schools Advisory Service and on 1st May 2021 took on an additional role as the Strategic Lead for the Centre of Excellence in Mental Health in Schools based at Leeds Beckett University. He is a Past President of the NAHT and was until December 2019, headteacher of the outstanding rated St Nicholas C of E Primary School in Blackpool. He was also a National Leader of Education, having worked in Blackpool schools for 22 years and also created the Blackpool Teaching School Alliance. Andy is a member of the Blackpool Education Improvement Board, is a previous member of the Blackpool Opportunity Area Board and was also a member of the NAHT Accountability Commission. He is currently the independent chair the Blackpool Multi Academy Trust CEO group.



### Coaching your Team in Wellbeing & Resilience - Lesley Calland, Education Mutual

#### Workshop Content

**Lesley will look at how coaching can positively challenge and underpin the development of resilience and wellbeing to promote energy and inner drive, improve relationships and develop flexible thinking within your team. With a focus on the future in mind, she aims to help you promote better collaboration and create a stronger sense of purpose and togetherness.**

Lesley is a highly accomplished Leadership and Workplace Coach. With significant corporate, academic and award winning career experiences behind her, and having coached over 3000 employees, she is very understanding of the typical stresses and challenges that people face at work.

Coaching transformed her life, so she now has a burning desire to make it more accessible to others, helping them find their own level of workplace happiness and success.

**REGISTER NOW!**

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