



# Workshop and Speaker Bios- Spring 2024 Conference

## Keynote – Building Habits – Pam Burrows



Pam Burrows has been helping leaders and teams stress less and perform better for over 30 years, both locally and internationally. She has travelled globally delivering researched behaviour change strategies to blue chip companies. With one of her key customers, she was awarded a European Health and Safety award for reducing stress in the workplace. She is a qualified Nursery Nurse, Social Worker, a Master Practitioner in Neurolinguistic Programming (NLP) and a Neuro-Science Professional. She blends this range of knowledge with techniques that empower positive behaviour change and increase wellbeing. Pam is an inspiring facilitator. Her sessions are interactive and energising. She is a Fellow of the Professional Speaking Association (PSA).

Find more information about why Pam is the ‘People Booster’ at [www.pamburrows.com](http://www.pamburrows.com)

See Pam’s feel-good techniques at [www.youtube.com/c/pamburrowspeoplebooster](https://www.youtube.com/c/pamburrowspeoplebooster)

Let’s connect on LinkedIn: [www.linkedin.com/in/pamburrowspeoplebooster](https://www.linkedin.com/in/pamburrowspeoplebooster)

### **Keynote title: Building Habits**

In this talk, you’ll get the low-down on why some habits don’t stick and research-proven, practical and effective ways to set up well-being habits for you, your team and the whole school.

Be warned, this session might just change your life (at least a little bit!).

## Morning Workshops

---

### **Habits that stick – Pam Burrows**

Habits that stick – How to make it happen!

Building on Pam’s keynote, this workshop gives you the chance to unlock the power to build your own well-being habits.



## Workshop and Speaker Bios- Spring 2024 Conference

Develop your own unique and motivational plan for whatever healthy habit you want to focus on, even if it's one you've failed at in the past.

Use the Habits that Stick principles for healthy behaviours you want your team or whole school to develop too.

You'll work through a handy Habit Planner which you can use again and share with others at work and home.

### **Andrew Pain**



Andrew is a motivational mental health speaker and podcaster, leading in his work on men's mental health and burnout, and on a mission to create resilient communities of people.

Working recently with organisations like; Amazon, Specsavers, The Crown Prosecution Service, Public Health Wales, University of Liverpool, Chartered Institute of Marketing, Andrew talks about; burnout, mental health, critical decision making, breaking stigmas, psychological safety, allyship, imposter syndrome, fatherhood, and work/life balance.

Andrew is also a dad to 3 boys under 10, which means he's a triage nurse, war reporter, peace negotiator, tutor, cook, cleaner, taxi driver, football coach, personal encyclopedia and unappreciated fashion consultant. It also means his daily Fitbit step count is never less than 15k

### **How to make critical decisions when the stakes are high – Andrew Pain**

- How do you make wise decisions when you're under pressure and out of time?
- What's the best approach for big decisions? Your Gut? Your Heart? Your Brain? A mix of all of them? Or an Algorithm?
- How do you know when to play it safe and when to do something audacious?

Drawing on a wealth of experience and research, you'll explore three, very common yet mind-bending dilemmas faced by organisational leaders, in order to reveal insights and strategies to help you make difficult decisions, but do so wisely, promptly and with less stress, so that you experience better outcomes in your life, and you're decisive when it matters.



## Workshop and Speaker Bios- Spring 2024 Conference

You will learn:

- Why your gut is both powerful and flawed and when to best use it.
- Why unconscious biases undermine good decision-making and the 3 most dangerous biases to look out for.
- When to use your system 1 (youthful chimp) and system 2 (wise old owl)
- How the I.S.A. model can help you get unstuck when you don't know whether to persevere or pull the plug.
- How to navigate your most difficult decisions with minimal stress, and why heuristics enable prompt decision making, whilst protecting you from the flaws in your gut.
- Why we ignore important issues when we're under pressure and how to spot problems early, in order to prevent nasty (yet avoidable) shocks and to avoid having the rug pulled out from under our feet when we least expected it.
- Psychological Safety: what it is, why it matters in making better decisions and how to create it.

### **Sally Boaden, CFO & COO, Raleigh Education Trust**



Sally joined Raleigh Education Trust in 2021 following a hugely successful career as Chief Finance Officer of an Outstanding Single Academy Trust within the East Midlands and Humberside region. This experience, coupled with her current status as an accredited ESFA School Resource Management Associate (SRMA), has strengthened the Trust's central executive team.

She brings expansive knowledge and experience to the Trust in all aspects of business support services, including governance, procurement, health & safety, human resources, finance and compliance from primary and secondary settings and academy trusts, bringing over two decades of School Business Leadership experience to the role.

Working tirelessly as a transparent and ethical leader, she has quickly established herself by developing purposeful relationships and processes across Raleigh Education Trust and strengthened external strategic partnerships.

Sally is a member of the Institute of School Business Leadership (ISBL) and the National Network of Special Schools for School Business Professionals and accredited as an ESFA School Resource Management Associate. She actively supports the Association of BAME



## Workshop and Speaker Bios- Spring 2024 Conference

Business Leaders in Education group, WomenEd and the National College of Education. Sally has achieved a Masters in Educational Leadership and Management and a Level 6 School Business Management qualification.

She has a passion for ensuring MATs are well run through the proper use of public money and compliance with the regulatory frameworks. She strongly advocates that robust regulatory compliance is the bedrock of school support to deliver the best possible outcomes for our children young people.

### **The ABLE Unconference – led by Sally Boaden, Chief Finance and Operating Officer, Raleigh Education Trust**

An unconference is designed to give the freedom to delegates to select themes most appropriate to their needs. It's also an opportunity to broker relationships between peers in a structured format, matching strengths to weaknesses. We'll kick off by polling the room, finding the common topics and then we'll seek to address them with the best assets of the conference: the skills and insights of the people sitting next to you.

---

## Afternoon Workshops

---

### **How to deal with negative feedback (when there's no silver lining or sugar coating) – Andrew Pain**

How to process criticism, so you're developed by it, not demoralised by it.

When we're hit with negative feedback, our emotions can keep us stuck in unhelpful, thinking patterns:

*'It's not fair!'*

*'Why would they say that?'*

*'What's their problem?'*

*'I don't understand'*

*'Can't they see the pressure I'm under?'*



## Workshop and Speaker Bios- Spring 2024 Conference

We may have a toolbox full of resilience techniques, but when we're hit hard by tough feedback, which is either not sensitively delivered or just seems unfair or too painful, it's hard to access the tools we need when we need them and use them effectively.

But as professional people, interacting in a fast-paced, modern and complex society, some of the most transformational feedback is the tough stuff, so how can we process negative feedback in a way which enables us to strip out the helpful from the unhelpful?

In this session, we'll explore:

- The four common phases of emotion we experience when we receive negative feedback.
- Two powerful assumptions to take on board, so that negative feedback doesn't hit you as hard as it might have done.
- One transformational visualisation technique to help you process negative feedback, so it develops you rather than demoralises you.
- How elite performers use T.E.S.T. to help them respond quickly and effectively to set-backs and criticism.
- How to resourcefully pick apart a setback for which you are partially to blame.
- The key ingredient to developing grit (and why it's often missed)

### June Brade, SAS



As an accomplished therapist with over 15 years experience,

June specialises in managing anxiety and stress. She has worked for 8 years within the education sector, helping clients one-to-one or as part of a group session.

Her qualifications include:

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

“If we do not look after our own well being this can have a detrimental effect on our level to cope in times of pressure, and when this pressure builds it turns to stress. Although stress



## Workshop and Speaker Bios- Spring 2024 Conference

and anxiety are not psychiatric illnesses, left unnoticed it can soon turn to depression etc. Having suffered myself in the past, through therapy I learned to manage my emotions, this inspired me to help others.

### **Building resilience for the time poor**

In this workshop we explore the benefits of informal mindfulness, taking none or very little of your time, while effectively reducing stress and building resilience. This will be an experiential and interactive workshop.

### **Pete Stopford – DfE Policy Lead, SBP Strategy, Schools Financial Support & Oversight**



Pete Stopford has been a policy advisor in the Department for Education since April 2019, having previously trained as a secondary school teacher and curriculum leader through the Teach First programme. Pete oversees policy concerning school business professionals and integrated curriculum and financial planning, and works in the wider school financial support and oversight directorate.

#### **Ask the DfE School Resource Management Policy Advisor**

An opportunity to ask questions about the Department for Education's [SRM Strategy](#) (June, 2022) including support for school business professional capability building.

### **Rob Campbell, Head Teacher, Claremont Primary School, Nottingham**



Rob is a serving Headteacher in a large inner-city primary school. He's been in post for the last 4 ½ years and have served as Headteacher previously in Leicester City. His areas of interest and expertise are Curriculum development – particularly reading and early literacy. Like most headteachers, he has limited business experience or financial acumen outside of family finances so rely on the excellent support of his School Business Manager and Office Manager. His school was inspected last year and achieved a Good Ofsted rating.

He is committed to improving outcomes for children, irrespective of background or barriers and completely loves his job.

Outside of school, he enjoys spending time with his family and dog, reading and learning Brazilian Jiu-Jitsu.



## Workshop and Speaker Bios- Spring 2024 Conference

**Panel** – Pete Stopford DfE (see above), Sally Boaden Raleigh (see above) and Rob Campbell Claremont Primary School (see below).

---

### **Chosen Charity: Pasic Cancer Support**

Parents Association for Seriously Ill Children supports as many families as possible across the region, reaching out to families of young people being treated under the East Midlands Children's and Young Persons' Integrated Cancer Service (CYPICS) at Leicester Royal Infirmary and Nottingham Children's Hospital, Nottingham University Hospitals.