



# THE QSPA SCHOOL LEADERS WELLBEING FORUM

*Supporting the health & wellbeing of  
Queensland's secondary school leaders*

The QSPA Schools Leaders Wellbeing Forum is a series of live, interactive discussions and activities specifically designed for school leaders. The forum provides practical advice on ways to safeguard personal health and wellbeing and offers support in fostering a school culture conducive to the optimal wellbeing of all.



Queensland Secondary Principals' Association

The School Leaders Wellbeing Forum has been developed through a collaborative arrangement spearheaded by QSPA.



The School Leaders Wellbeing Forum has been designed to align with NESLI's national initiative to support optimal health and wellbeing across all Australian schools.



The School Leaders Wellbeing Forum responds to insights and recommendations flowing from the Principal Health & Wellbeing Survey.

# WELCOME



## **MR MARK BRECKENRIDGE** **PRESIDENT, QSPA**

“It is impossible to support the social and emotional health of young people, if we as teachers do not attend to our own emotional health,” suggests Nick Haisman-Smith Chief Executive at Family Links and the Nurturing Schools Network in his blog *The Elephant In the (Staff) Room - Why We Need to Talk about Teacher Wellbeing* (Huffington Post 14th March 2017). The same must be true for school leaders in supporting their teachers and students. There is a high need for the profession to discuss wellbeing and recognise that high stress and declining mental health is common in our schools. Successful schools have a positive, engaged and supportive workplace that provide high quality outcomes for our students with school leaders being at the heart of this success”.



## **DR PHILIP RILEY** **CHIEF INVESTIGATOR** **PRINCIPAL HEALTH & WELLBEING SURVEY**

“Today’s children are tomorrow’s nation builders. As custodians of their futures, school leaders are charged with giving them the best opportunities they can. That means thriving as educators and leaders, not merely surviving. Countless studies show the transformative nature of education. To do this well, we owe it to ourselves to be the best we can be. The Australian Principal Health and Wellbeing research shows that this depends on collaboration. The School Leaders Wellbeing Forum and The Staff Wellbeing Toolkit are designed around this maxim, and therefore have the best chance of positive, sustainable change for the education system”.



## **DR STEPHEN BROWN** **GLOBAL EXECUTIVE CHAIR, NESLI**

“One of the key characteristics of any high performing school is the quality of its workforce. These schools have positive and productive workplace cultures typified by highly engaged staff who undertake their challenging and rewarding roles in settings that are nurturing. It is clear that supported and engaged teachers enable better student outcomes. It is therefore vitally important that we consistently monitor and proactively adopt strategies that will aid the work of one of the most vital resources for all schools - their workforce”.

# THE WELLBEING FORUM AT A GLANCE

## WHAT IS THE SCHOOL LEADERS WELLBEING FORUM?

The QSPA School Leaders Wellbeing Forum supports principals and senior school leaders to better understand and proactively manage their day to day health and wellbeing so as to be more effective role models within their schools. It is delivered online via a series of interactive discussions and related tasks. The program is delivered to cohorts from multiple schools and is built around the concept of a supportive community of practice.

## WHY SHOULD I PARTICIPATE IN THE PROGRAM?

An overwhelming body of research is highlighting the excessive stress and duress faced by school leaders. Along with a growing number of K-12 education stakeholders, we argue that this is a critical challenge and requires immediate attention at multiple levels. The wellbeing and effectiveness of our school leaders is inextricably linked to the health, wellbeing and performance of our wider school communities and ultimately our students.

## WHAT TANGIBLE BENEFITS WILL I GET OUT OF IT?

- Understand the links between social capital and wellbeing
- Explore practical strategies to enhance personal wellbeing
- Understand how to have a meaningful dialog around wellbeing in your school
- Help increase social capital and inclusion in your school
- Collaborate with other school leaders to discuss wellbeing across the sector
- Find new ways to lead wellbeing conversations with your staff and students

## WHAT IS REQUIRED TO PARTICIPATE?

The Wellbeing Forum is delivered over a 5-month period. Each month, school leaders will convene for a highly interactive online conference using NESLI's eLearning portal. Participants will form into smaller sub-groups for periodical conversations throughout the program. Additionally, a range of related activities will be available to participants to further support them in their wellbeing journey. Designed specifically for school leaders the Forum is sympathetic to the pressures and responsibility of school leadership and will not require a commitment of more than two hours per month.

## IS THERE A FEE?

A fee of \$350 (+GST) applies to each participant.

# SCOPE AND PURPOSE

The Principal Health and Wellbeing Survey, Australia's leading research study into principal health and wellbeing, is one of many studies which firmly puts the spotlight on the increasing duress experienced by school leaders on a daily basis. In addition to recognising the implications of this trend for the health and wellbeing of our school leaders, it also raises important concerns around the performance of our schools and the impact on our students.

The Wellbeing Forum aims to bring school leaders together within a supportive and collaborative context to encourage open and honest discussion around what can be done to counteract this worrying trend. In promoting open collaboration across schools the forum aims to create empowered communities of practice capable of real change. A fundamental outcome for the forum would see cohorts across Queensland develop and function as ongoing peer support communities.

# DELIVERY OF THE FORUM

The Wellbeing Forum comprises five modules delivered over a five-month period. Each month, school leaders will convene for a highly interactive, online session delivered via NESLI's eLearning platform. These sessions will run for one hour and take the form of a facilitated exploration/discussion. These conversations will be facilitated by an expert NESLI Forum Leader.

In addition to the scheduled conversations, participants will be encouraged to engage periodically in smaller sub-groups. These sub-groups will provide an opportunity to engage in a 'deeper dive' into key aspects of each theme. Additionally, participants will be provided with an exclusive online environment to interact and support one another as well as a range of activities to assist them in their wellbeing journey.



# ADOPTING AN ALL OF STAFF APPROACH

The QSPA School Leaders Wellbeing Forum is complimentary to the NESLI Staff Wellbeing Toolkit which is designed for all staff within a given school. It is envisaged that many school leaders undertaking the Wellbeing Forum will also opt to lead their school in participating in the Staff Wellbeing Toolkit providing a highly effective schoolwide approach to wellbeing. School leaders wishing to discuss involvement in both programs are advised to contact the NESLI Admissions Department.



# FORUM MODULES OVERVIEW

## **MODULE 1. THE CRITICAL IMPORTANCE OF SCHOOL LEADER HEALTH AND WELLBEING**

This introductory module looks at current research and explores trends and implications for school leaders. The focus is on the importance on prioritising wellbeing and incorporating practical strategies into life and work. The session also begins a conversation about the potential for leadership cohorts to evolve as valuable peer support networks.

## **MODULE 2. KNOW THYSELF: ADDRESSING AND OVERCOMING CHALLENGES**

This module begins with an exploration of the psychological and physical effects of stress and anxiety. Participants are encouraged to identify their own stress and overload markers and consider practical brain tools (e.g. mindfulness, meditation, breathing exercises, visualisation, questions) and coping strategies to regulate and manage stress responses.



### **MODULE 3. BUILDING AND DEVELOPING RESILIENCE**

We can't avoid challenges in the workplace, but we can build our resilience to assist us to identify, manage and bounce back from challenges more effectively. This module focuses on practical and effective ways to build both personal and team resilience. The focus is on practical skills to identify and maintain wellbeing across the physical, mental, emotional and spiritual dimensions.

### **MODULE 4. MASTERING THE ART OF INFLUENCE AND WELLBEING**

This module builds on the previous modules to present further practical and relevant psychological tools to master the art of influence, greater regulation of ourselves and greater influence of others, therefore enhanced role modelling of health and wellness, greater influence of others, particularly our team members with a focus on support around health and wellbeing.

### **MODULE 5. CAREER AND PROFESSIONAL WELLBEING**

This module attends to our career focus and the impact that this can have on our overall health and wellbeing. We explore 'career transitioning and planning' as part of this module, the imperative of networking from a strategic perspective, with an emphasis on aligning our passion, gifts and purpose with our work and career, for the ultimate benefit of enhanced health and wellbeing.



# THE QSPA SCHOOL LEADERS WELLBEING FORUM



Today's date: _____	Phone: _____
School name: _____	Fax: _____
_____	Email: _____
Contact name: _____	Postal address: _____
Title/position: _____	_____
_____	_____

Names of participants	Title/position	Email (required for confirmation details)
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____

FOR LARGER GROUP BOOKINGS PLEASE CONTACT NESLI ON 1300 938 470

FEES (+ GST)	
Standard Rate	
\$350 pp	

TOTALS	
TOTAL DELEGATES:	TOTAL REGISTRATION FEES DUE: \$

HOW DID YOU HEAR ABOUT THIS EVENT?	DIETARIES

PAYMENT METHODS			
<input type="checkbox"/> Please Invoice Me			
	Name		
	Card Number		
	Expiry Date	Verification No.	<small>3 digit number on card signature strip</small>
EFT	Ac Name: National Excellence in School Leadership Institute PTY LTD	Bank Name: Westpac, Melbourne	BSB: 033-305 A/c No. 551795
*Please email remittance advice to: finance@nesli.org			

FURTHER DETAILS
Telephone: 1300 938 470 / Email: info@nesli.org / Post: PO Box 4079, Melbourne University, VIC 3052

A substitute delegate is always welcome with written notification. No substitution fees will be charged provided notification is provided at least one week prior to the event. For standard registrations, in the event you wish to cancel your registration more than 30 days prior to commencement of the event, you agree to pay a cancellation fee of 10% of the event fee. If you cancel your program registration less than 30 days before commencement of the Program, you agree to pay a cancellation fee of 30%. Registrations made at an "early bird" or otherwise discounted rate are non-refundable. If you wish to cancel your registration more than 30 days prior to the event, you will be provided credit towards an alternative event. Due to circumstances outside of our control, it is possible we may need to cancel, reschedule, or change the venue of an event. We will make all reasonable efforts to inform attendees of any such changes with as much notice as possible. Should your Program be rescheduled or cancelled by us, all fees you have paid will be credited towards an alternative event or refunded to you. You acknowledge and agree that, to the extent the law allows, our liability is limited to the event fee and we will not be liable for any costs, damages or expenses incurred by you as a result of a cancellation, deferral, reschedule or change of venue. None of the above is intended to compromise your rights under Australian Consumer Law. Photos and/or video may be taken by us at the event and used for marketing purposes without further notice or permissions required.

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