

From Coping to Thriving – The Resilience Conference

Monday 3rd December 2018, **Central London**

Hear from our exceptional speakers:



JACKIE BEERE OBE

“The best teacher for a class should always be the best learner in the class”



JAZ AMPAW-FARR

“Because of you, this is me’ are the six words that sum up the true awesomeness of teachers”



CLAIRE BIRKENSHAW

“You can use all the labels you like but ultimately you are talking about a human being”



CHRIS KILKENNY

“I, Daniel Blake is not a film, it’s a documentary about my life”



DAVE SMITH

“Upside-down leadership starts with people, not government – that’s what makes a school genuinely outstanding”

Benefits of Attending:

- A must-see event of powerful keynotes and live one-to-one interviews for those working with children in challenging circumstances
- How to tip the scales towards positive life outcomes for children, even when the odds are stacked against them
- Understand how your relationships with your class provide the responsiveness, scaffolding, and protection that buffer students from disruption
- How to become the foundation of their resilience
- Unlock your power as a life line to those who need it most
- Hear the evidence base for promoting schools as buffers against hardship, negativity, and students’ mental health issues

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If you think of life like a see-saw – being happy and healthy on one side and the challenges life throws at you bearing down on the other – then resilience is what is needed to keep everything level. With an increasing number of children facing a whole raft of ACEs (Adverse Childhood Experiences) and more, the role that a caring adult can play in helping children learn how to keep everything in balance is becoming increasingly important.

And with teachers and school leaders being the caring adults that children see every day, the more we can learn how best to help our vulnerable children and young people, the better we are at supporting them in making the most of their time at school. In this way we can help them break the cycle and set them up for a life that will be more balanced for them and their own children than their childhood has been.

To help, Independent Thinking and Teachology have created a unique one-off conference in an exciting new format combining powerful keynotes with live one-to-one interviews from very special Associates who are the living definition of resilience – to have survived despite the challenges and adversities life threw at them.

Full of powerful insights and practical ideas to inspire you to do the very best for all your children, we guarantee you won't have experienced a day like this and we know that your children will benefit in so many ways from the time you invest with us.

Introducing The Speakers

Jackie Beere OBE

Jackie is a leading educational trainer and consultant, a former Headteacher, School Improvement Partner, Advanced Skills Teacher, AST Assessor and life coach. She is a leading authority on resilience, growth mindsets, personal development and is the best-selling author of the books *Grow; Change Your Mindset Change Your Life*, *The Perfect Teacher* and *The Perfect (Ofsted) Lesson*. She was awarded the OBE for services to education in 2002 and has continued to help schools improve ever since.

Jaz Ampaw-Farr

Born into poverty, sexual abuse and neglect, Jaz believed that she was worthless. But five teachers disagreed, and together embedded an ambitious resilience that interrupted her trajectory and unchained her from a desperate cycle of disadvantage. Jaz has spent the rest of her life paying them back, qualifying as a teacher in 1994, quickly becoming a respected literacy expert, author and TV presenter and becoming one of the most talked-about educators when she ditched her planned TEDx talk on phonics on the spur of the moment to tell a stunned audience about her childhood of appalling abuse. For her, teachers are heroes who can literally save lives. They saved hers – find out how.

Claire Birkenshaw

Claire was the first Headteacher to transition from male to female whilst in post and her's is a remarkable story of courage, struggle, identity and pride. To spend a life constantly battling with the question of who you are both physically and emotionally and then to publicly and very visibly make the changes needed to finally be true to yourself – Claire is the living embodiment of resilience. Now a vocal advocate for equality and inclusion in all schools, Claire shows what schools need to do not only to comply with the law when it comes to inclusion and equality but to be so much more human in the process.

Chris Kilkenny @KilkennyChris

Chris is a powerful advocate for children living in poverty. He provides an erudite window into the lives of children suffering and unsupported in our 21st century society. His own childhood was blighted by poverty and neglect, yet he has come through (but only just) with a story to tell and a great gift for telling it. There are thousands of children like Chris 'hidden in plain sight' in our classrooms. Let him take you through what you need to do to make sure they are all seen, heard, and helped.

Dave Smith

At a time when leadership models in education seem to be based increasingly on data and targets, Dave shows that leading a school – a very successful one – takes a very different sort of approach. For Dave, a good school is an 'upside-down' one that starts with the people in it - where they are, where they come from, what they bring into the classroom, what they bring to each lesson. From there you build up, taking into account whatever the government's flavour of the day is. It is this formula that has helped Dave's school in one of England's most deprived boroughs to be in the top 300 performing schools for the last five years running, not to mention two 'Outstanding' Ofsted inspections and Dave's recent appointment as a National Leader in Education.

09.00 **Registration**

09.30 **21st Century FEAR – Fight Or Flight: Fade Or Flourish**

- What is resilience? And why is everyone talking about it?
- Why are anxiety levels so high?
- What are the tangible effects and consequences of anxiety on staff and students?

Jackie Beere OBE

10.00 **My Story Plus Ask Anything Q&A**

"I, Daniel Blake is not a film, it's a documentary about my life"

- Gain an authentic and gritty insight into what it is like to travel through the education system whilst living in poverty.
- How to dig deep. Expand your empathy and understanding of disadvantage and the part you play as a teacher that can and should go well beyond simply teaching.
- Pick up effective strategies to keep your pupils moving forward (sometimes against the strong pull of family, peers and community).
- Build the barricades and barriers against cycles of disruptive behaviours.
- Discover your duty and your power to help young people see alternative futures – one very different from their pasts.

Chris Kilkenny

10.45 **Break**

11.00 **Hostile Environments – A Resilience Safari**

Issues around gender, sexuality and identity can be hard to grasp for adults at times, let alone children. To help, Claire has created a unique 'resilience safari' that helps everyone understand the challenges faced by children and adults as they deal with conformity, identity, sexuality and gender and demonstrates how best we can support those around us going through such battles. From the zebra (life is not black and white polarities – it's more complex than that) to the lion (find your pride – double meaning intended), Claire will offer you invaluable insights from a world that is simply a jungle to so many of us.

Claire Birkenshaw

12.45 **What Have We Learnt? GROW – Managing Mindsets For Maximum Resilience**

- Understanding where resilience comes from.
- How to build the vital capacities to enable students to respond adaptively to adversity.
- Why metacognition is a powerful tool for developing resilience.
- An insight into thinking and the way it works.

Jackie Beere OBE

13.15 **Lunch**

14.00 **My Story Plus Ask Anything Q&A**

How do children survive when the system fails? Who do these kids call? They call on YOU.

Jaz Ampaw-Farr

14.45 **The Resilient School**

Resilient leadership involves a focus on five different cultures - a Praise Culture, a Connecting Culture, a Confidence Culture, a Character Culture and, importantly, a Courageous Culture. Delve into the key ingredients of each and learn how to create your own dynamic culture for a truly resilient school.

Dave Smith

15.30 **What Next, What Now?**

- Making the MINDSHIFT.
- Make a difference even when you think you can't.
- The top takeaways from today – what to embed in your school tomorrow.

Jackie Beere OBE

16.15 **Conference close**

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How to register

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Email:

registration@teachology.co.uk

Phone:

020 7732 2650

Conference pricing

£289+VAT per delegate

£389+VAT bring a friend/colleague for £100

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