

## Fulfilling Your Vision



### Professional Retreat with Integrity Coaching

*Integrity Coaching invites you to its professional retreat for headteachers. Set in the rural east Suffolk landscape, as the late summer moves into autumn, headteachers can have space to reconnect with their vision, passion, purpose and prepare for the new academic year.*

Central to the Integrity Coaching approach is the integration of **personal values with professional purpose**. The time and space through the retreat will be entirely focused on giving you maximum opportunity to reflect on:

- **Motivations**
- **Hopes**
- **Possibilities**

And how they relate to your role and context.

#### What makes this CPD opportunity different?

Unlike a training event, this process will involve journaling, discussion and walking with others in the pursuit of uncovering the tools that you will need to flourish in your role.

**As a result you will leave the retreat with:**

- A clear understanding of how to lead without sacrificing your own well-being.
- A way forward for overcoming the challenges of your role and remaining confident in your ability to achieve your goals for yourself and your school
- An understanding of how to communicate your vision, drive strategic leadership & empower all pupils & staff to flourish.

#### Retreat Facilitators

The retreat will be led by Viv Grant, Director of Integrity Coaching, and Giles Barrow, Associate Coach. It will be based in an old mill roundhouse at Giles' smallholding, that lends itself to talking and walking whilst considering the important themes that guide you in your role as a headteacher.



Viv Grant



Giles Barrow

#### Retreat Overview

Our time together will be supported through structured activities that will enable you to:

- **Clarify the experiences and values that underpin your role as a headteacher**
- **Identify your areas of strength and how to build upon them to maximise your own personal levels of performance**
- **Increase your capacity for dealing with change and ambiguities within the role of headteacher**

## Practical arrangements

### Group Size:

We want you to feel safe and to be at ease to simply be yourself. Therefore the retreat will be kept small, the group size being between 6 and 10.

### Timings:

Participants are encouraged to arrive on the evening of Weds 20th September, so that we can start by 9.30am the following morning - Thursday 21st September. We will work through to the late afternoon, before beginning the Friday at 9.00am. The retreat will finish at 4.00pm to give people time to get back home in good time.

### Accommodation:

We will make arrangements for participants to stay in a nearby Bed and Breakfast.

### Meals:

We will make all arrangements for lunch on Thursday and Friday and the evening meal on Thursday. We'd also ask that you bring suitable provision for local walks.

## Key information

**Date:** 21st and 22nd September

**Venue:** Mill House, Earl Soham, Suffolk

**Cost:** £475.00 [excl. vat]

Price includes all accommodation, meals and materials

**Book:** [integritycoaching.co.uk/professional-development-retreat-school-leaders](http://integritycoaching.co.uk/professional-development-retreat-school-leaders)

### Email:

[office@integritycoaching.co.uk](mailto:office@integritycoaching.co.uk)

### Testimonials:

*"You created a really powerful space that helped us to connect deeply with what matters most to us"*

*"I experienced such a joy in being allowed to have a voice"*

*"Shared experiences and shared empathy have been really valuable to me"*

*"The space has helped us to recover and find again our spark"*

