

MENTAL WELLBEING LEADERSHIP CONFERENCE: THE POWER OF SELF-ESTEEM & SELF-IMAGE ON ACADEMIC SUCCESS

Keynote Speakers

Tim Lissimore

Senior Deputy Head, Wilson's School, Sutton (Sunday Times London State Secondary School of the Decade), former DSL leading on the strategy for promoting positive mental health

Katharine Radice

Education Consultant, Former Deputy Head, The Stephen Perse Foundation, Cambridge

Megan Jayne Crabbe

Bestselling international author, dynamic, talented presenter and content creator with over 1.3 million followers on social media

Michael Conroy

Founder of Men At Work CIC, BBC Newsnight guest expert on Misogyny, experienced presenter

Heather Daulphin

Senior Mental Health Leader, Consultant Lecturer, Tavistock-Portman NHS Trust, extensive school senior leadership experience in mental health

Tania Davidson

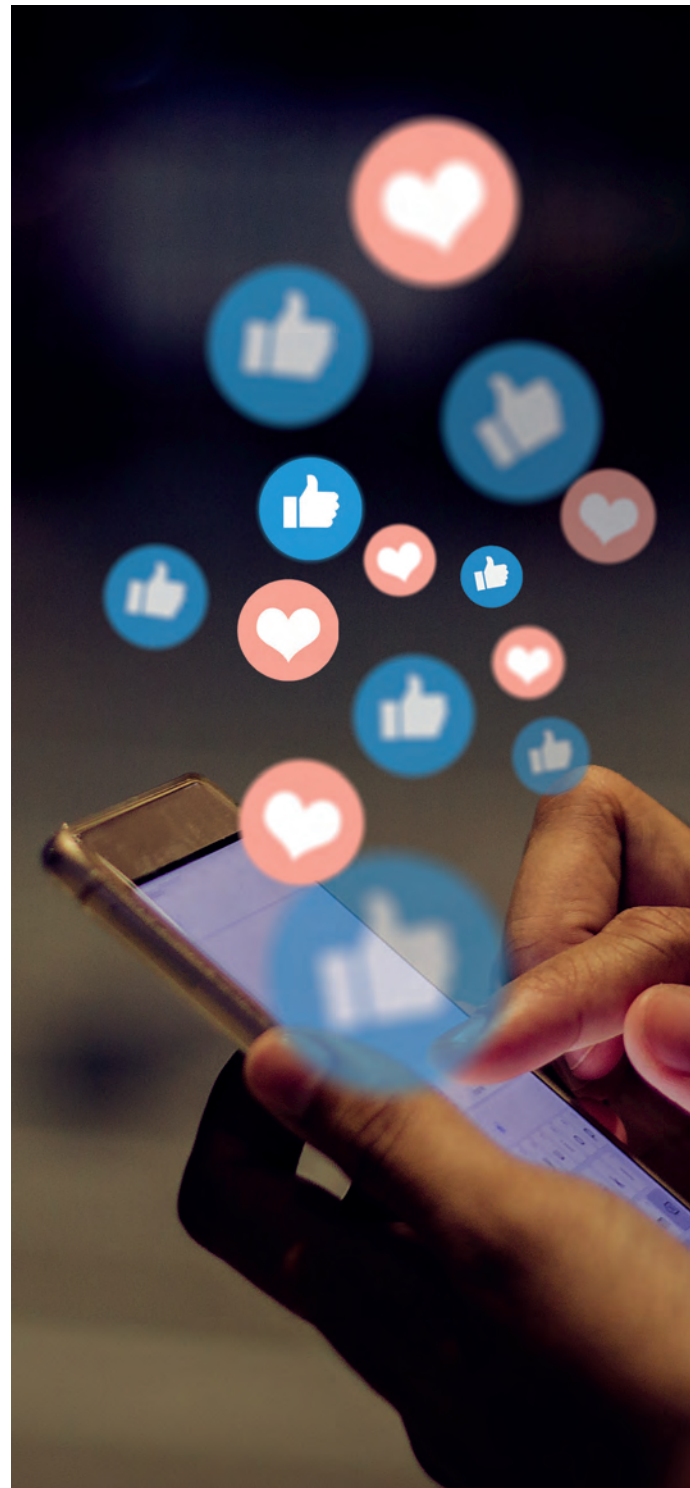
Deputy Head Pastoral, Queen Margaret's School for Girls, York, achieved the Leeds Beckett Gold Award for Mental Health and Wellbeing 2022

Alice Newton-Leeming

Founder and Director of Mental Health Learning, specialising in suicide prevention

Anna Bateman

Founder of Halcyon Education, Mental Health advisor to the DfE, podcaster and author



CONFERENCE FOCUS

There has never been a more important time to address the critical issues of student self-esteem and self-image. These enormous issues have become a huge priority for schools and colleges due to the impact they have on mental wellbeing, academic performance and the life chances of teenagers.

This innovative and pioneering conference will explore the very latest directions and developments in significant areas including social media, apps, body image, misogyny and suicidal ideation and how they play a crucial role in the self-esteem and self-image of students and the resulting impact they can have on academic success.

Bringing together renowned, leading experts, influencers and current practitioners in the field of mental health and wellbeing, this essential, cutting-edge conference focuses on the profound impact high self-esteem and positive self-image has on the academic success of students, exploring the specific challenges faced by school leaders in 2023 and beyond.

BENEFITS OF ATTENDING

- The impact powerful positive mental health and high self-esteem has on academic achievement and attainment
- How self-esteem, self-perceptions and self-image can be affected by social media
- Find out why our digital devices are so addictive? Is addiction the correct word?
- The Impact of Image Editing Apps on Body Image
- Addressing suicidal ideation - who is at risk? The signs to look out for that could indicate suicidal ideation
- Explore misogyny, misogynistic influencers and the 'manosphere' inhabited by figures like Andrew Tate
- What are Ofsted looking for in excellent student mental health and wellbeing provision?
- Discover the behaviours of an outstanding senior mental health lead

WHO SHOULD ATTEND?

- Principals, Headteachers Vice Principals, Deputy and Assistant Heads
- Senior Mental Health Leads
- School Governors
- Directors of Pastoral, Heads of Year and Pastoral Teams
- Directors of Safeguarding, DSL's and Deputy DSL's
- Heads of Faculty and Departments

PROGRAMME

TIME

Introduction & Welcome: Steve Smith *Head of Professional Development, Keynote Educational*

10.00 - 10.05am

The Impact Powerful Positive Mental Health has on Academic Achievement and Attainment

- The big picture, the key challenges and the headlines - how high self-esteem can impact academic achievement
- How self-esteem/self-perceptions/self-image can be affected by social media, Instagram
- What are the impacts of misogynistic behaviours and actions.
- What are the current issues? What are likely to be the big issues coming in the next year?

Heather Daulphin *Senior Mental Health Leader, Consultant Lecturer, Tavistock Portman NHS Trust*

10.05 - 10.45am

BREAK

10.45 - 11.05am

The '21st Century Online World' and its Impact on Teenagers

- Anxiety at School: Why is it on the Rise and What can we do?
- The online world and the impact on a teenager's sense of self
- Self-image in a school sphere: what do teenagers think they have to be?
- What does it mean to be confident? Are we helping teenagers believe that solutions can come from within?

Katharine Radice *Education Consultant, former Deputy Head, The Stephen Perse Foundation*

11.05 - 11.45am

High Performance Staff Development in Mental Health and Wellbeing

- Are your staff confidently promoting positive mental health and helping to build the resilience of even the shyest child?
- Are your staff reflective? Do they fully understand the impact high self-esteem can have on academic success
- Consider a range of approaches to professional development
- How we can help more academically able children to thrive by becoming more alert to the pressures they may face?

Tim Lissimore *Senior Deputy Head, Wilson's School, Sutton (Sunday Times London State Secondary School of the Decade)*

11.45 - 12.30pm

LUNCH

12.30 - 1.30pm

BREAKOUT STRAND 1

1.30 - 2.10pm

1A The Impact of Image Editing Apps on Body Image

- The pressure on teenage girls (and boys) to fit in with the ideal body image and how Instagram and image editing apps can fuel this
- Why is body image such a big deal for teenagers?
- Real v Fake - how can students spot an edited image
- The positives for teenagers?

Megan Jayne Crabbe
Bestselling international author and content creator

1B Ofsted, Mental Health and the latest for School Leaders

- What are Ofsted looking for in excellent student mental health and wellbeing provision?
- How will Ofsted inspect this?
- How can you ensure your mental health and wellbeing support are outstanding?
- What will Ofsted's expectations be around staff wellbeing?

Anna Bateman Founder of Halcyon Education, Mental Health advisor to the DfE

1C Addressing Suicidal Ideation

- Who is at risk? The signs to look out for that could indicate suicidal ideation
- Asking about suicide
- Practical strategies and interventions to support teenage students with thoughts of suicide.
- A school wide approach to suicide prevention - who else can help?

Alice Newton-Leeming
Founder and Director of Mental Health Learning

1D Naming the Problem - Misogyny and Misogynistic Influencers

- Using the fundamentals of misogyny to explore the 'Manosphere' - the online 'ecosystem' inhabited by figures like Andrew Tate
- Critically analyse the conducive context in which AT and others have created an algorithmic 'Wild West'
- Explore why so many boys have been attracted to these 'Pied Piper' figures

Michael Conroy Founder of Men At Work CIC

BREAKOUT STRAND 2

2.15 - 2.55pm

2A The Behaviours of an Outstanding Senior Mental Health Lead

- Addressing the hot topics, keeping staff up to date throughout the year.
- How do you develop yourself and build from good to outstanding leadership?
- How can you achieve all of this without worrying about the battle with imposter syndrome?
- How do you ensure staff are all on board with your vision?

Heather Daulphin Senior Mental Health Leader, Consultant Lecturer, Tavistock Portman NHS Trust

2B Making Resilient Young Men: A Whole School Approach

- Prioritising emotional wellbeing and promoting positive mental health
- Self-discipline, sleep and embracing difference
- Boys can have body image issues too!
- Securing parents' engagement and support

Tim Lissimore Senior Deputy Head, Wilson's School, Sutton

2C A Whole School Approach to Girls Emotional Health and Wellbeing

- Weaving mental health and wellbeing into every aspect of school life
- The impact of self-esteem on learning
- Giving girls the tools to keep themselves emotionally healthy

Tania Davidson Deputy Head Pastoral, Queen Margaret's School for Girls, York

2D The Teenage Brain: What does it want to do, What are we Asking it to do and What Happens to Self-image when these do not Align?

- Does the secondary school curriculum offer what an adolescent needs?
- Hearing the day-to-day messaging of the GCSE/A-Level experience
- Transformational changes in the classroom

Katharine Radice Education Consultant, former Deputy Head, The Stephen Perse Foundation

BREAKOUT STRAND 3

3.00 - 3.45pm

3A A Whole School Approach to Girls Emotional Health and Wellbeing

- Weaving mental health and wellbeing into every aspect of school life
- The impact of self-esteem on learning
- Giving girls the tools to keep themselves emotionally healthy

Tania Davidson Deputy Head Pastoral, Queen Margaret's School for Girls, York

3B Practical Strategies: Constructive Dialogues with Boys

- Positive, constructive interactions - in boys best interests, rather than reactive and accusatory
- Explore pitfalls and clarify what it is that we actually want to achieve
- A model for strategic, ongoing engagement with teenage boys
- Identify quick wins whilst mapping out the deep work that can transform a school and wider culture

Michael Conroy Founder of Men At Work CIC

3C The Teacher Hates Me': Why Teenagers find Criticism so Difficult

- Unpicking the difference between what teachers say and what adolescents hear
- The tension between progress and acceptance
- Using school life as a forum for building self-esteem and a healthy relationship with feedback

Katharine Radice Education Consultant, former Deputy Head, The Stephen Perse Foundation

3D The Motivational Power of Self-Compassion

- What is Self-compassion? What is it not?
- The evidence base
- The three principles of compassion
- How does self-compassion impact academic performance?
- Practical tools to support students to develop self-compassion, feel better about themselves and thrive

Alice Newton-Leeming Founder and Director of Mental Health Learning

Keynote Speakers

Tim Lissimore is Senior Deputy Head at Wilson's School (Sunday Times London State Secondary School of the Decade), where he has worked since 2009. For a decade, he was the school's DSL, leading on the school's strategy for promoting positive mental health. Following postgraduate study in Teacher Education at the University of Oxford, focussing on teachers' collaboration and reflection, he is now researching how (and by whom) teachers' professional learning is directed in secondary schools. As a pianist, he has performed, accompanied and examined widely alongside his roles in education. He is the lead trustee for safeguarding at Central YMCA, a charity with national reach in FE and skills.

Katharine Radice is an education consultant with 20 years' experience of working in schools. A former Deputy Head, she has taught within the full range of school environments (boarding, day, co-educational, single sex, independent and maintained sector) and in a range of pastoral and academic leadership roles. Her consultancy work focuses on the dispositions that feed or hinder success in a school environment and the importance of understanding the adolescent journey from a 3D perspective, navigating the differences between teacher, student and parent viewpoints. She has a national reputation as a Classics teacher, combining everyday realism with innovative approaches to curriculum delivery.

Megan Jayne Crabbe is a dynamic and talented presenter, bestselling author, and content creator, known for her engaging and authentic approach to discussing important topics like body positivity, mental health, feminism, and eating disorder recovery. With a loyal following of over 1.3 million across her social channels, Megan is a respected and influential voice in the industry. In addition to writing the bestselling book "Body Positive Power," a manifesto on all the reasons why we hate our bodies, and how to change them. Megan has also delivered talks, panels, and presentations to large audiences, and has been a featured speaker at events hosted by top brands like Spotify, Instagram, Stylist Magazine, The Sunday Times, The Body Shop and more. Megan has produced and facilitated a range of workshops on topics such as mental health, body image, eating disorder recovery, and creator well-being.

Michael Conroy is the founder of Men At Work, set up to deliver transformative training in the areas of challenging sexism, supporting healthy personal development and fostering violence-free relationships and communities. He spent 16 years in Secondary Education in England, delivering a wide range of citizenship and well-being programmes for students in Years 7-13 before committing full-time to Men At Work. During that time, he developed school and community-based programmes and initiatives recognised by awards including a Sinnott Fellowship and a Suzy Lamplugh Young Person's Safety Award. He has trained over 1000 teachers, social workers and youth workers in facilitating the 10 Dialogues programme which he devised as a pragmatic resource in supporting boys and young men to be safe (for themselves) and safe to be around - for their male peers, women and girls.

Heather Daulphin is a consultant/lecturer at the Tavistock-Portman NHS Trust where she co-wrote and tutors on their Senior Mental Health Leader course. She spent 22 years as the Senior Deputy at Hampstead School, leading them to becoming the first London school to secure the Wellbeing Award. She has extensive leadership experience, specialising in Mental Health, Safeguarding and Diversity and Inclusion and was invited to develop inclusive school leadership and foster recovery in Oslo, following the racist atrocities of 2011. She has also taken part in school study trips to New Orleans, post Katrina and Washington DC, researching successful inner-city schools. She is an associate consultant with All-in education, working with schools to develop their equity and inclusion strategies.

Tania Davidson is Deputy Head Pastoral at Queen Margaret's, an all-girls boarding school in York. She has been inspecting schools for 5 years and has seen a wealth of excellent mental health and wellbeing practice. She has teaching and leadership experience across state, co-ed and international sectors and is a governor of a large state secondary school. She has been working within boarding schools for the last 16 years and understands that how we support pupils' emotional wellbeing can have a positive impact on their daily experiences, their academic outcomes and their life opportunities. This experience has culminated in Queen Margaret's School for Girls achieving the Leeds Beckett Gold award for Mental Health and Wellbeing, as well as winning the Independent School of the year for Student Wellbeing.

Alice Newton-Leeming is the founder and director of Mental Health Learning. She has worked and volunteered within the field of mental health for over 13 years, specialising in suicide prevention. She equips members of the community and members of staff in the workplace with the skills to spot signs of distress and feel prepared to respond to them by providing training in mental wellbeing, self-harm and suicide prevention. She is a keynote speaker and workshop facilitator and delivers training for Papyrus, Young Minds and Mind.

Anna Bateman is founder of Halcyon Education, an organisation which puts mental health and wellbeing at the heart of school improvement. She has 30 years education experience, is lead subject specialist for The National College, a podcaster, author, vice-chair of a governing body and has advised the Department for Education on their Mental Health Green Paper. The majority of her working week is spent actively advising school senior leads on improving mental health outcomes. She is driven by the opportunity to create a resilient environment in which all pupils are empowered to grow both academically and personally, leaving a legacy for the next generation.



“ Brilliant, sensible, brilliantly referenced, challenging, extremely well delivered. Lots of helpful, practical tips to take away. One of the best speakers I have heard. ”

**James Allen's Girls' School
March 2023**

“ Informative and engaging content with many take-aways, practical ideas to implement tomorrow and over the long term. ”

**Radnor House
March 2023**

“ Super- really useful, inspirational, highly informative and made me think I can do this at my college to make a real change. ”

**Carmel College
March 2023**

COSTS

1st delegate rate	£349 + VAT
2nd delegate rate	£329 + VAT
3rd delegate rate	£309 + VAT

Costs include:

- All speaker presentations for all sessions
- Full set of conference notes, materials and resources
- Sit down 2-course lunch in the restaurant
- Refreshments upon arrival, mid-morning break and afternoon break

Keynote

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