

THE VIRTUAL SCHOOL 2023 CONFERENCE

“Ladies and gentlemen, please put on your own oxygen mask before helping others”



Empowering solutions,
inspiring learners

3 February 2023	
8.30	Registration, breakfast pastries & exhibition
9.30	Welcome & Introduction <i>Jancis Andrew, Head of the Virtual School for Children Looked After, Leeds City Council</i>
10.00 Workshop Session 1	a) The Workable Range <i>Sally Rose and Nicola Engel</i>
	b) Looking After Adults Looking After Children <i>Annette Bradley and Deborah Park</i>
	c) Trauma Stewardship “caring for self whilst caring for others” <i>Anna Turner</i>
	d) Well-Being in Education <i>Educational Psychology Service</i>
11.00	Refreshments & Exhibition
11.30 Workshop Session 2	a) The Workable Range <i>Sally Rose and Nicola Engel</i>
	b) Looking After Adults Looking After Children <i>Annette Bradley and Deborah Park</i>
	c) Trauma Stewardship “caring for self whilst caring for others” <i>Anna Turner</i>
	d) Well-Being in Education <i>Educational Psychology Service</i>
12.30	Lunch, Refreshments & Exhibition
1.30	Prize Draw
1.45	You and Me, but mostly Me <i>Jaz Ampaw-Farr</i>
3.15	Close

THE VIRTUAL SCHOOL 2023 CONFERENCE - WORKSHOPS

WORKSHOP 1

THE WORKABLE RANGE

Sally Rose - Psychotherapist, Staff Counselling and Psychological Support Service, University of Leeds
Nicola Engel - Therapist in a private practice

Each individual has their own workable range, or balanced state, where they feel well and can function well, with a dynamic range of tolerable stress and emotion. Sally will explore her model to gain insight and understanding to your workable range and identifying how to return to that workable range when moving beyond tolerances and thresholds.

WORKSHOP 2

LOOKING AFTER ADULTS LOOKING AFTER CHILDREN

Annette Bradley and Deborah Park

Top tips and practical strategies for the adults who are supporting vulnerable children and children who have experienced trauma. Make sure that you and/or your staff have the tools to look after their own wellbeing, whilst working with children who have experienced ACE. Also learn what external support is available, in Leeds and beyond.

WORKSHOP 3

TRAUMA STEWARDSHIP

“CARING FOR SELF WHILST CARING FOR OTHERS”

Dr Anna Turner - Senior EP and WYATR EP Lead

Anna explores the concept of trauma stewardship which considers how working with people who are or who have experienced really difficult things will bring about a change, a transformation within us and invites us to think about what that change means to us. Trauma stewardship empowers us to use that change to consider how we think about the work we do and what we need to feel it's working for us.

WORKSHOP 4

WELL-BEING IN EDUCATION

We all know wellbeing is important, but what is it, and how do we support our own and other's wellbeing? The educational psychology service offer delegates a safe space for reflection and conversation and an opportunity to think about how you are meeting your own well-being needs and those of your team.