

# Sanctuary Programme For School Leaders

[www.palladioeducation.com](http://www.palladioeducation.com)



School leadership is hugely rewarding and worthwhile but it can be complex and stressful. The Sanctuary Programme offers an opportunity to step back from day-to-day pressures to reflect and replenish. It will provide a safe breathing space to engage with others, learn together and offer mutual support. It will be enjoyable, relaxing, stimulating and practical. Perceptions may be challenged and there will be much to contemplate as well as approaches and activities to take back into school straight away. Sessions will include focusing on:

- Individual wellbeing
- Personal goal setting
- Coping with stressful situations
- Prioritising life and work
- Managing time
- Networking
- Supporting whole staff wellbeing
- Research - whilst being fun and creative

To book [admin@palladioeducation.com](mailto:admin@palladioeducation.com)

The Sanctuary Programme will consist of three whole days - one day a term for a year. Each day will be held in the beautiful surroundings of Jesmond Dene House in the John Dobson Room with its own private terrace and include a two-course lunch.

Miles & Gary Wallis-Clarke will lead each day. The total cost of the programme is £500.

## Course One: Thursdays 2021

18th March

24th June

14th October

## Course Two: Fridays 2021

19th March

25th June

15th October