

# HEADSUP4HTs

## Peer Support Spaces

### Funded by Northumberland CC

#### Who is this for?

Deputy/assistant Headteachers in Northumberland LA who would like to:

- 1) participate in a coach led facilitated peer support space focused on well-being and connection
- 2) create a self sustaining well-being group of peers

Fully Funded  
Support



Northumberland  
County Council

#### What are the benefits?

- Weekly group sessions with a ICF accredited coach focused on connection and well-being
- Sharing the highs and lows of leadership in a confidential and non-judgemental space
- Explore strategies to support mental health and well-being in your community
- Friendly, relaxed 'human' space
- Ongoing support to create a self sustaining group in your community
- Training session to become HeadsUp4HTs Peer Support Facilitator with certificate & school logo



#### Where and When?

**Weekly on Wednesdays 12-1pm 10<sup>th</sup> June - 8<sup>th</sup> July**

***Fully funded by NCC at no cost to the school***

#### Meet Your Trainer

Kate is a former headteacher and ICF ACC-accredited coach who has supported over 4,000 leaders through coaching and facilitation.

She specialises in intentional well-being, leadership transitions, and communication coaching to help leaders thrive in their roles.



Email [Kate@heads4hts.co.uk](mailto:Kate@heads4hts.co.uk) to book your place or scan QR to book