

WALE Spring Conference

Thursday 14th March 2024



Recognised by the DfE, NCB, The Anna Freud Centre and The Education Support Partnership as a lead influencer of mental health and wellbeing in education.

Kelly Hannaghan

Mind Work Matters

Kelly is a Mental Health and Wellbeing Consultant and the Director and founder of Mind Work Matters Ltd. She puts wellbeing and people at the heart of education. She is an award-winning motivational speaker, school improvement advisor, published author and founder of the 'Family Matters' empowerment and engagement programme. Kelly has worked systemically throughout her career as a director of wellbeing, working with local authorities, MATS, Senior leaders and pastoral teams and Governors to help create healthy work cultures and environments. She is an expert trainer and coach for Senior Mental Health Leads and supports some of the most challenging communities with preventative and early help measures in education. Kelly develops the strategies to help people in education thrive from adversities. Her work with schools and organisations raises aspirations, engagement, attendance, and outcomes.



Laura Rutledge

Emotional Freedom Technique (EFT) – Tapping Therapy

Laura is the director and owner of Counselling Matters and Counselling Connections Limited. She is an experienced psychotherapist and accredited Emotional Freedom Techniques (EFT) practitioner. Her specialism is in Psychological Trauma, working with children and adults either face-to-face or online. Laura was first introduced to EFT (often called tapping) while studying for her MSc in Psychological Trauma. It did not take her long before she realised how powerful the technique is, and from there she began the training that led to her accreditation. Laura uses EFT to good effect with many of her clients, as she enjoys its flexible and gentle approach, although it remains underpinned by an ethical framework. One of the many positive attributes of EFT is the tapping you can use at home. Tapping is not a therapy "done to you" as it is a collaborative approach. Once you know the basics of the protocol, it is yours to use. Laura finds that children, in particular, enjoy using the protocol at home. It allows people to take back some control that is often lost when they have experienced trauma.



Dan Morris

My Time Young Carers

MYTIME Young Carers is fighting to level the playing field for young carers. Young carers have been hidden in society for too long, with the vast majority juggling a huge amount of responsibility unsupported.

Through our Level Up Programme, we provide schools with the tools, resources, strategies and support that they need in order to create more supportive and inclusive environments for young carers. Ultimately, this programme is all about creating the conditions in which young carers can thrive and achieve their full potential.



Emma Samways

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You can find Jon on Twitter @TeamTait, or on LinkedIn @jontait

www.edutait.com

Jon Tait

Having spent over 20 years in the teaching profession and having led schools in various senior leadership positions such as Deputy Headteacher and Director of Teaching School, Jon has most recently worked for two North East Multi Academy Trusts in positions as Deputy CEO & Director of School Improvement, followed by his current role as Director of Education. His responsibilities in this time have involved the strategic leadership of teaching and learning, professional development, initial teacher training, quality assurance, school improvement and external school to school support.

Jon has significant experience in contributing to system leadership via his extensive professional network of education professionals around the world. In 2017 Jon graduated with his NPQH (National Professional Qualification for Headteachers) and then in 2021 he completed his NPQEL (National Professional Qualification for Executive Leadership). Jon is also an education author and speaker, having five books published on areas ranging from classroom pedagogy, educational research and school leadership; together with regularly speaking at national and international conferences about all aspects of education. Jon delivered a talk on the world famous TED stage in 2015, talking about 'The Future of Learning'.



Mark Foster

Mark is one of the UK's most successful competitive swimmers. By the age of fifteen, he was the fastest swimmer in the country. During a career spanning 23 years, Mark won 51 international medals, competed at 5 Olympic Games, held World, European and Commonwealth titles and smashed 8 world records.

In 2008, he carried out the highest honour for a British athlete, as flag bearer at the Opening Ceremony of the Olympic Games in Beijing, which he cites as one of his proudest moments.

Since retiring from the pool, Mark has forged a successful career as a commentator, TV personality, public speaker, philanthropist, and brand ambassador.

Mark's professional and personal experience has given him a unique insight into the importance of a well-balanced, healthy lifestyle and he is passionate about encouraging and educating others to make healthier, mindful life choices, via his social media, fundraising and public speaking platforms.