

For more info or to book call: 01603 429564  
Or email: [head@cecilgowing.norfolk.sch.uk](mailto:head@cecilgowing.norfolk.sch.uk)

# BUILDING RESILIENCE.

*'Life doesn't become easier or more forgiving, we become stronger and more resilient'*

What is resilience and why is it so important?  
What strategies can we use to strengthen our resilience?  
How can we support ourselves and our staff?

For Headteachers and Senior leaders

Thursday 10th October 2019 1-3pm

For Teachers and Teaching Assistants

Thursday 17th October 2019 9.30-11.30am

At Cecil Gowing Infant School, Norwich, NR7 8NZ

Cost £45 which is eligible for Sports Premium Funding

