

For Headteachers and Senior leaders

# 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?

Wednesday 5th February 2020 10am-2pm  
At Cecil Gowing Infant School, Norwich, NR7 8NZ

Cost £60 which is eligible for Sports Premium Funding (includes lunch!)



*For more info or to book call: 01603 429564  
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