

## **Number 22**

### **Supporting staff wellbeing through Reflective Practice**

The 'Whole School Approach' has set out the importance of ensuring staff working within schools/colleges have the opportunity and support to focus on their own health and wellbeing.

#### **Number 22**

We are a registered charity providing wellbeing services to adults and young people in Windsor, Maidenhead and Slough. Over the last few years, we have supported over 160 staff working in education across Berkshire and this number continues to grow.

We are accredited by the British Association of Counselling and Psychotherapy.

#### **What is Reflective Practice?**

Reflective Practice provides emotional support, space for self-care and to boost resilience by sharing and learning from others. It will allow participants to feel heard and not alone in often isolated and demanding roles within the educational setting. Participants will have the opportunity to explore the effects of their work and make sense of their own feelings that the work evokes in a confidential space.

#### **When will the sessions run?**

Number 22 will run a session every month throughout the academic year either remotely or face to face. Sessions can be facilitated during school hours or as twilight sessions. These sessions can have up to 4 participants attending a group or can be facilitated for individual staff members.

Group sessions will be held for 90 minutes and a 1:1 session will last 1 hour. We can also provide one off sessions to staff throughout the year who need that extra support.

#### **Who will run the sessions?**

Number 22 will provide a supervisor or senior counsellor to facilitate the session/s.

#### **The sessions**

Number 22 would suggest that staff participating in the sessions are given protected time to enable them to attend without any interruptions. Attendees should hold similar positions

and levels of responsibility to other members of the group. These sessions should be voluntary for participants.

### **Costings for reflective practice sessions**

#### **Individual sessions – monthly**

Remote - 1:1- 1 hour session - £65.00

F2F – 1:1 - 1 hour session - £75.00

#### **Group sessions – monthly**

Remote - Group - (4 participants) - 90 minutes - £140.00

F2F - Group - (4 participants) - 90 minutes - £160.00

### **Feedback from previous attendees of groups/1:1's**

“I had raw conversations with my peers.”

“Being a DSL can be a lonely place, I felt connections with my colleagues.”

“It felt good to step away from the chaos and think about me”.

“These sessions have made me not feel alone.”

“We started to be more creative in our thinking as a group and have a more cohesive approach to working.”

“Had a connection in a truly human setting.”

“It allowed me time to step back and think about my own well-being.”

“For the first time in a long time I had space to focus on myself”.

For further information or just a chat about what you may need please feel free to contact Sarah Luke, Counselling Service Manager on 07958621222 or email [sarah.luke@number22.org](mailto:sarah.luke@number22.org)