



HEADREST IS COMPLETELY FREE

Build up a good head of steam...

Ride the footplate of a working steam locomotive

We would like to extend a personal invitation for you to experience a unique opportunity to develop an understanding of wellness, learn methods for recognising and dealing with stress and investigate other related health strategies.

Part of the day will be dedicated to introducing you to our Kent Schools Wellness programme for school staff, giving you the opportunity to take part in the programme and benefit from individual and whole school reports when planning future initiatives for staff.

You will also explore the benefits and shown how to identify types of team players within your staff through a company called "Pack-types" and use this to your advantage when recruiting new staff. "Pack-types" will help you identify the train drivers or fire stokers within your team, all of which are essential for life's journey.

It's open to Head Teachers and Senior Managers, because of popularity we can offer this event to 2 members of staff per school and places will be allocated on a first come first served basis.

Headrest is a quality one day event, financially supported by specialist insurance broker, Towergate Risk Solutions, who work closely with KCC to provide supply teacher insurance. They are pleased to continue to support Headrest as part of their overall service to Kent Schools

Bredgar & Wormshill Light Railway, Bredgar, Kent ME9 8AT www.bwlr.co.uk 24th JUNE 2010

Headrest Event – Railway Experience 24th June 2010 @ Bredgar & Wormshill Railway

Head Teacher : .....
2nd Staff Member: .....
School: .....
Email address: .....
Any special requirements .....



Teacher Recruitment & Retention Team, Kent County Council, Room 3.38 Sessions House, Maidstone, Kent ME14 1XQ, Fax 01622 694041 or e-mail: recruit.assist@kent.gov.uk