
LWA HEADTEACHERS AND SENIOR LEADERS MEETING

TUESDAY 7TH FEBRUARY 2023

8:00 - 10:30am

Webinar	
8:00am	Update from the LWA & SCITT
8:25am	Introduction of Pat Sowa
8:30am	Pat Sowa We can all do it: Inspiring hope
9:30am	Break - Networking
9:35am	Introduction of Mandy Coalter
9:40am	Mandy Coalter Making your school a great place to work in challenging times?
10:30am	End of meeting

To find out more and book places email Narinder nassi@lampton.org.uk



PAT SOWA

A former primary head, Pat has dedicated herself to raising awareness, building understanding and inspiring action to improve mental health in education since she lost her son, Dom, age 17 to suicide. Pat leaves a lasting impression as an inspirational conference keynote speaker. She brings a wealth of humanity, clarity and hope and practical action to difficult topics. She firmly believes that anyone who wants to, can make a difference by learning some basic skills.

Pat works with schools internationally as a pastoral consultant specialising in wellbeing, suicide prevention and bereavement support. In 2020 she co-wrote bestselling *Take My Hand*, with her university friend Kerry Fisher.

Pat is a sought-after Mental Health First Aid Trainer and represents parents on North Yorkshire Public Health England Suicide Safety and Prevention Group. She is a trustee for Parentkind and an Ambassador for Papyrus, the young suicide prevention charity. She loves cooking and all things nature, spending as much time as possible with her family and friends.



**MANDY
COALTER,
LLB, FCIPD**

Mandy is the Founder of 'Talent Architects' with a simple mission; helping schools become great places to work. Talent Architects provides consultancy and advisory support to school groups, coaching and mentoring, training and events/conferences. Mandy's successful book 'Talent Architects; how to make your school a great place to work' was published in 2018. From 2012 to 2019 Mandy was Director of People at United Learning, responsible for HR, Talent Management, Leadership Development, Marketing and Communications. United Learning is one of the largest school groups in the UK, running circa 80 schools across State and Independent sectors employing over 8000 staff. Mandy built the group reputation as an employer, taking forward key priorities such as developing leaders, talent management, employee engagement, wellbeing, recruitment, pay and performance management. The United Learning HR team won the Chartered Institute of Personnel and Development 'HR Team of the Year' in 2016. HR Magazine listed Mandy in the top 10 'HR Most Influential' in both 2018 and 2019 - where she was ranked the 7th most influential HR Director in the UK. Mandy was also shortlisted for the HR Excellence Awards 'HR Director of the Year' 2018.
