

Headspace

A 24-Hour facilitated retreat for Headteachers in the Diocese of Peterborough

Launde Abbey | Thursday 15th January 2026, 3:00 PM – Friday 16th January 2026, 3:00 PM

www.laundeabbey.org.uk

with Graeme Robins and Andy Spens

Graeme Robins is a seasoned leadership consultant and executive coach, working across education and the corporate sector to support senior leaders in leading with clarity, purpose, and resilience. With over 20 years of strategic leadership experience, Graeme draws on a rich background as a headteacher, senior trust leader, and national education advisor, alongside his coaching work with executives in business and public service.

In his current role as National Trust Partnerships Lead at the National Society for Education, Graeme plays a pivotal role in shaping collaborative leadership across multi-academy trusts. His approach is rooted in values-led practice, reflective inquiry, and a deep commitment to sustainable leadership development.

Graeme is a member of the International Coaching Federation (ICF), and his coaching spans senior leaders in education, healthcare, and corporate organisations. He specialises in helping leaders navigate complexity, enhance their impact, and invest in their own well-being.



Andy Spens is Head of Professional Learning at the National Society of Education, where he leads the strategic design and delivery of professional development for school leaders across England. His portfolio includes oversight of the National Professional Qualifications (NPQs) and the Flourishing Leader and Teacher programmes, which support leaders at every stage of their journey to flourish.

A former Headteacher and Executive Headteacher in the Bristol area, Andy has spent his career working in Church of England schools, bringing a deep understanding of values-led leadership and system-wide impact. His experience spans curriculum development, school improvement, and leadership coaching, with a particular focus on creating cultures where both staff and pupils can flourish.

Andy is passionate about equipping leaders to grow within a complex and evolving education landscape. He is a trained coach, an experienced facilitator, and a committed advocate for leadership that is relational, purposeful, and grounded in character.



Overview

‘Headspace’ provides school leaders the opportunity to find protected time and space at the beginning of 2026 to start the year with a renewed focus. It is an investment into your flourishing and as a result, the flourishing of the communities that you lead.

In the midst of the demands of school leadership, *Headspace* offers an opportunity to pause, reflect, and refocus. **Specifically curated for Headteachers in the Diocese of Peterborough**, this 24-hour retreat provides a calm and supportive environment to step back from the day-to-day, gain fresh perspective, and return to school leadership with renewed clarity and purpose.

Set in the peaceful surroundings of Launde Abbey, this is a space to think deeply, connect meaningfully, and lead more intentionally.

Our programme will be reflective of the challenges you are facing, responsive to your individual needs and provide opportunities to discuss the questions of leadership that you are grappling with. We will create a safe, confidential and open space in which to share, learn and grow together.

Programme Outcomes

By the end of the retreat, participants will have:

- **Reconnected** with their core values and leadership purpose
- **Reflected** on their leadership identity and the impact they have on others
- **Renewed** their sense of wellbeing, resilience, and professional clarity
- **Reimagined** their leadership through the lens of sustainability, service, and flourishing
- **Re-engaged** with a supportive network of peers committed to growth and collaboration

Programme Components

The retreat is shaped by key insights from national leadership development frameworks, including:

- **Leadership for Renewal:** Emphasising sustainable, values-led leadership through reflection, coaching, and clarity of purpose
- **Flourishing Together:** Drawing on the National Society’s vision for a flourishing education system that nurtures the whole person
- **Called, Connected, Committed:** Exploring 24 leadership practices that support ethical, relational, and courageous leadership

Key elements include:

- **Coaching Conversations**
Facilitated peer coaching and reflective dialogue to deepen self-awareness and leadership insight.
- **Reflective Practice**
Guided sessions to explore your leadership story, values, and vision—culminating in the creation of a personal leadership manifesto.

- **Time and Space**

Unstructured time for walking, journaling, rest, or quiet reflection in the beautiful Abbey grounds.

- **Optional Spiritual Rhythm**

Opportunities for stillness, silence, and optional chapel services for those who wish to engage. You'd be most welcome to join these if you'd wish, but there is no obligation to take part. Alternatively, you might want to take some time instead and enjoy the beautiful grounds.

Practical Details

- **Venue:** Launde Abbey, Leicestershire – a place of peace, reflection, and hospitality
- **Cost:** £295 (includes accommodation, meals, and all sessions)