

Professional Summary for Leeder Safeguarding Conference

Talk, Talk, Talk – Change the World

Air Commodore Rob Caine MBE, Trustee of Bear Force, Head of UK Military Flying Training

Introduction:

- Background: Personal journey from RAF mental health initiatives to Bear Force, a charity dedicated to children's mental health. Acknowledgement: Gratitude to Emma and Nigel Leeder for organizing the event.

Core Message:

- Holistic Mental Health: Emphasizing the importance of mental health for both staff and pupils.

Innovative Approaches:

- Diversion Therapy: Creating safe spaces and using tools like listening pens to foster open conversations.

Progressive Vision:

- Early Intervention, Changing Perspectives: Moving mental health and suicide prevention into the light, similar to shifts in attitudes towards smoking and cancer.

Practical Strategies:

- Active Listening: Encouraging leaders to step into children's worlds with empathy and curiosity. Informal Conversations: Recognising the value of casual, supportive conversations in safe settings.

Philosophical Foundations:

- "Aristotle said, 'Excellence is what you do every day – it is therefore a habit.' Let's make good communication a daily habit."

- Dr Carl Rogers' Unconditional Positive Regard: Emphasizing acceptance and empathy.

Call to Action:

- Leadership, Accreditation and Training: Offering programs to train teachers and staff in mental health support. Bear Buddies Program: Empowering peers to support each other.

- Accessibility: Ensuring mental health support is accessible to all, in partnership with the Royal College of Psychiatrists.

Closing:

- Inspirational Note: Encouraging empathy and awareness.

- "Kindness, simplicity, and stepping into their world can make all the difference."



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THINKING

