



Tuesday 21st June  
4:00pm AEST

# Future Schools

## WEBINAR

Kristen Douglas  
National Manager  
Headspace Schools

Kristen Douglas is the National Manager of Headspace Schools (the National Youth Mental Health Foundation). She is a highly respected and sought presenter nationally and internationally on the topics of youth mental health and wellbeing, suicide prevention and postvention, school improvement strategies, Principal, School Staff self-care and wellbeing.

Join Future Schools in conversation with Kristen as we explore practical and explicit skills and strategies for school leaders to actively support the immediate wellbeing needs of their teams and reduce the longer-term impact when they have experienced stress or distress as a team.

Kristen Douglas, leads a large national multidisciplinary team through headspace working across all Australian Primary and Secondary Schools to enhance the mental health and wellbeing of whole school communities with a focus on school leaders and staff.

<https://headspace.org.au/>

