

# HEADSUP4HTS

## COACHING PROGRAMMES



### 1:1 DROP IN COACHING

#### WHO'S IT FOR?

Headteachers and school leaders who desire a 1 hour drop in session with a HeadsUp4HTs coach. This can be for support or to work through a specific issue or challenge.

### COACHING WITH HEADSUP4HTS

The 1:1 sessions provide a safe, confidential and non-judgmental space, where leaders can explore their challenges and successes and reflect positively on their impact in schools. We focus on the whole person, within and beyond their job title, taking a holistic approach that is focused on wellbeing & personal growth, resilience and goals.

### SESSION DETAILS

These sessions may focus on the following areas:

School leader wellbeing

Developing Resilience

Working through specific issues using the CORE (Context, Optimise, Refine, Enact) methodology

### COSTS & SESSION TIMES

£125 per hour session including a 15 minute call to discuss context

When you complete the booking form we will be in touch to arrange dates and times to suit you and the coach.

**BOOK HERE**