

# HEADSUP4HTS

## COACHING PROGRAMMES



### INTENTIONAL WELLBEING PACKAGE: NEW TO HEADSHIP

#### WHO'S IT FOR?

HTs in their first Year of Headship who desire coaching with a wellbeing focus & would like to develop a supportive network of like-minded Headteachers

### COACHING WITH HEADSUP4HTS

The unique sessions provide a safe, confidential and non-judgmental space, where Headteachers in their first year can share their challenges and successes, seek support from colleagues and reflect positively on their impact as school leaders. We focus on the whole person, within and beyond their job title, taking a holistic approach that is focused on wellbeing & personal growth, strength & joy.

### COURSE DETAILS

6 group peer support sessions per year with a HeadsUp4HTs Coach

3 x 1:1 coaching session per year with a HeadsUp4HTs Coach

Access to all HeadsUp4HTs National Sessions

Link with another HeadsUp4HTs buddy within the network for continued support

### COSTS & START DATE

£695 pp

This coaching package consists of a small group of Headteachers and begins when we have a minimum of 6 participants signed up. This allows us to work flexibly with the group to arrange dates and times to suit.

**BOOK HERE**

# HEADSUP4HTS

## COACHING PROGRAMMES



### INTENTIONAL WELLBEING PACKAGE: HEADTEACHERS

#### WHO'S IT FOR?

Headteachers, Executive Headteachers and Principals who desire coaching with a wellbeing focus & would like to develop a supportive network of like-minded Headteachers

### COACHING WITH HEADSUP4HTS

The unique sessions provide a safe, confidential and non-judgmental space, where Headteachers can share their challenges and successes, seek support from colleagues and reflect positively on their impact as school leaders. We focus on the whole person, within and beyond their job title, taking a holistic approach that is focused on wellbeing & personal growth, strength & joy.

### COURSE DETAILS

6 group peer support sessions per year with a HeadsUp4HTs Coach

3 x 1:1 coaching session per year with a HeadsUp4HTs Coach

Access to all HeadsUp4HTs National Sessions

Link with another HeadsUp4HTs buddy within the network for continued support

### COSTS & START DATE

£695 pp

This coaching package consists of a small group of Headteachers and begins when we have a minimum of 6 participants signed up. This allows us to work flexibly with the group to arrange dates and times to suit.

**BOOK HERE**

# HEADSUP4HTS

## COACHING PROGRAMMES



### INTENTIONAL WELLBEING PACKAGE: DHTS & AHTS

#### WHO'S IT FOR?

Deputy and assistant headteachers who desire coaching with a wellbeing focus & would like to develop a supportive network of like-minded leaders

### COACHING WITH HEADSUP4HTS

The unique sessions provide a safe, confidential and non-judgmental space, where deputy and assistant headteachers can share their challenges and successes, seek support from colleagues and reflect positively on their impact as school leaders. We focus on the whole person, within and beyond their job title, taking a holistic approach that is focused on wellbeing & personal growth, strength & joy.

### COURSE DETAILS

6 group peer support sessions per year with a HeadsUp4HTs Coach

3 x 1:1 coaching session per year with a HeadsUp4HTs Coach

Access to all HeadsUp4HTs National Sessions

Link with another HeadsUp4HTs buddy within the network for continued support

### COSTS & START DATE

£695 pp

This coaching package consists of a small group of Headteachers and begins when we have a minimum of 6 participants signed up. This allows us to work flexibly with the group to arrange dates and times to suit.

[\*\*BOOK HERE\*\*](#)

# HEADSUP4HTS

## COACHING PROGRAMMES



### RESILIENT LEADERSHIP PACKAGE: HEADTEACHERS

#### WHO'S IT FOR?

Headteachers who want to focus on resilient leadership; clarity of direction, awareness, leadership presence and resilient decision making.

### COACHING WITH HEADSUP4HTS

The unique sessions provide a safe, confidential and non-judgmental space, where Headteachers can share their challenges and successes, seek support from colleagues and reflect positively on their impact as school leaders. We focus on resilient leadership: this programme will boost your confidence as a leader, giving you the tools to identify the strengths you can rely on in times of change and even crisis. You will complete a personal assessment to create a resilient leadership profile which will become the basis for our group and 1:1 sessions.

### COURSE DETAILS

6 group peer support sessions per year with a HeadsUp4HTs Coach

3 x 1:1 coaching session per year with a HeadsUp4HTs Coach

Your own Resilient Leadership Profile using the RLE™ Assessment tool

Leadership challenges to strengthen and focus your resilience in between sessions

Access to all HeadsUp4HTs National Sessions

Link with another HeadsUp4HTs buddy within the network for continued support

### COSTS & START DATE

£695 pp

This coaching package consists of a small group of school leaders and begins when we have a minimum of 6 participants signed up. This allows us to work flexibly with the group to arrange dates and times to suit.

**BOOK HERE**

# HEADSUP4HTS

## COACHING PROGRAMMES



### RESILIENT LEADERSHIP PACKAGE: DHTS & AHTS

#### WHO'S IT FOR?

School Leaders who want to focus on resilient leadership; clarity of direction, awareness, leadership presence and resilient decision making.

### COACHING WITH HEADSUP4HTS

The unique sessions provide a safe, confidential and non-judgmental space, where school leaders can share their challenges and successes, seek support from colleagues and reflect positively on their impact in schools. We focus on resilient leadership: this programme will boost your confidence as a leader, giving you the tools to identify the strengths you can rely on in times of change and even crisis. You will complete a personal assessment to create a resilient leadership profile which will become the basis for our group and 1:1 sessions.

### COURSE DETAILS

6 group peer support sessions per year with a HeadsUp4HTs Coach

3 x 1:1 coaching session per year with a HeadsUp4HTs Coach

Your own Resilient Leadership Profile using the RLE™ Assessment tool

Leadership challenges to strengthen and focus your resilience in between sessions

Access to all HeadsUp4DHTs National Sessions

Link with another HeadsUp4HTs buddy within the network for continued support

### COSTS & START DATE

£695 pp

This coaching package consists of a small group of school leaders and begins when we have a minimum of 6 participants signed up. This allows us to work flexibly with the group to arrange dates and times to suit.

[\*\*BOOK HERE\*\*](#)

# HEADSUP4HTS

## COACHING PROGRAMMES



### 1:1 COACHING PACKAGE: HEADTEACHERS

#### WHO'S IT FOR?

Headteachers, Executive Headteachers and principals who would like to develop a personal relationship with a coach and explore the challenges specific to their role.

### COACHING WITH HEADSUP4HTS

The 1:1 sessions provide a safe, confidential and non-judgmental space, where Headteachers can explore their challenges and successes and reflect positively on their impact as school leaders. 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.

### COURSE DETAILS

6 x 1:1 coaching sessions per year with a HeadsUp4HTs Coach

Access to all HeadsUp4HTs National Sessions

These sessions may focus on the following areas:

- Intentional wellbeing
- Developing Resilience
- Working through specific issues using the CORE (Context, Optimise, Refine, Enact) methodology

### COSTS & START DATE

£695 pp

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

**BOOK HERE**

# HEADSUP4HTS

## COACHING PROGRAMMES



### 1:1 COACHING PACKAGE: DEPUTY & ASSISTANT HTS

#### WHO'S IT FOR?

School leaders who would like to develop a personal relationship with a coach and explore the challenges specific to their role.

### COACHING WITH HEADSUP4HTS

The 1:1 sessions provide a safe, confidential and non-judgmental space, where senior 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.

### COURSE DETAILS

6 x 1:1 coaching sessions per year with a HeadsUp4HTs Coach

Access to all HeadsUp4HTs National Sessions

These sessions may focus on the following areas:

- Intentional wellbeing
- Developing Resilience
- Working through specific issues using the CORE (Context, Optimise, Refine, Enact) methodology

### COSTS & START DATE

£695 pp

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

**BOOK HERE**

# 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**



# HEADSUP4HTS

## COACHING PROGRAMMES



### ASPIRING HEADTEACHERS COACHING PACKAGE

#### WHO'S IT FOR?

School Leaders who are looking to leap into Headship. Coaching and support to help you prepare for the transition into Headship.

### COACHING WITH HEADSUP4HTS

The unique sessions provide a safe, confidential and non-judgmental space, where deputy and assistant headteachers can build their confidence as they move towards Headship. We focus on resilient leadership: this programme will boost your confidence as a leader, giving you the tools to identify your personal strengths and intentionally strengthen your own areas of development. You will complete a personal assessment to create a resilient leadership profile which will become the basis for our group and 1:1 sessions as well as receiving support with applications and interview technique.

### SESSION DETAILS

6 group peer support sessions per year with a HeadsUp4HTs Coach

3 x 1:1 coaching session per year with a HeadsUp4HTs Coach

Lite Resilient Leadership Profile using the RLE™ Assessment tool

Leadership challenges to strengthen and focus your resilience in between sessions

Interview & application support session

Access to all HeadsUp4DHTs National Sessions

Link with another HeadsUp4HTs DHT/AHT buddy within the network for continued support

### COSTS & SESSION TIMES

£795pp

This coaching package consists of a small group of school leaders and begins when we have a minimum of 6 participants signed up. This allows us to work flexibly with the group to arrange dates and times to suit.

[\*\*BOOK HERE\*\*](#)