

# HEADSUP4HTS

## COACHING PROGRAMMES



### 1:1 WELLBEING PACKAGE: NEW HEADTEACHERS

#### WHO'S IT FOR?

New Headteachers and Principals who would like to develop a personal relationship with a coach and explore the challenges specific to their role, with a focus on intentional wellbeing.

### 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

£845 pp

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



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SUPPORT@HEADSUP4HTS.CO.UK