

From Surviving to Thriving



Overview

This program helps you combat the mindsets that prevent you from being your best self on a daily basis. You will get clarity and skills to help you thrive despite the challenges of your role.



Learning objectives

- Review your current work life balance against seven key areas
- Build your own 'balance wheel'
- Learn how to manage your state
- Bring more of your 'spark' into your work
- Learn some practical strategies for managing difficult relationships
- Renew and refresh your energy



Who is this for?

Principals, Assistant Principals, heads of department, teachers

Key content

- The invisible rubber band
- Core values
- In and Out of the Box & Mindtraps
- ETC process for managing your state
- Perceptual positions
- Winning formula

GROUP COACHING

Collaborative learning experience including four 90 mins sessions with professional leadership coach via zoom & online learning

US\$2,600 for up to 6 participants, Can\$3,500 + GST for up to 6 participants



**98% of those we
coach would
recommend our
coaching to colleagues**

us@btsspark.org
btsspark.org/us