

# From Surviving to Thriving



## Overview

This programme 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?

Headteachers, senior leaders, middle leaders, teachers, support staff

## 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

### 1-TO-1 COACHING

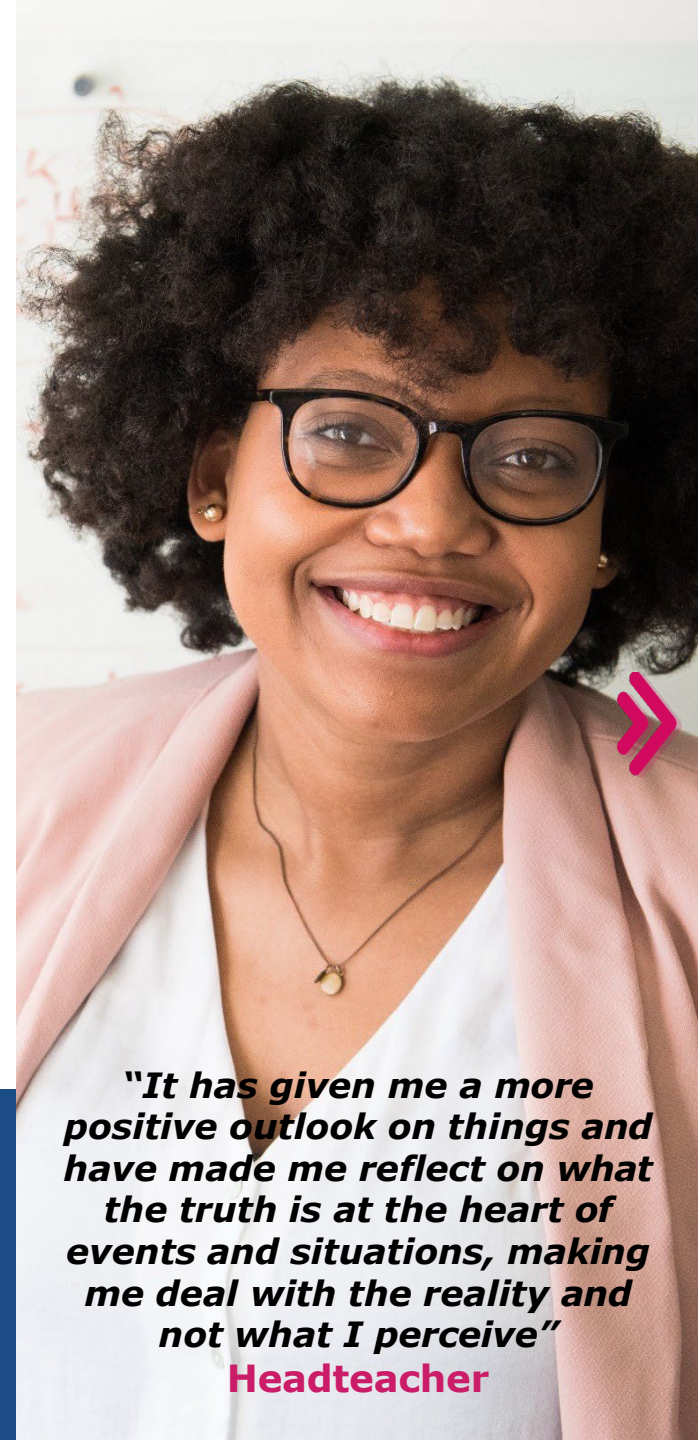
Personal leadership coaching including four hour-long coaching sessions with a professional coach plus online learning

£700 + VAT (4x60 mins)

### GROUP COACHING

Collaborative learning experience including four 90 mins sessions via Zoom plus online learning

£1580 + VAT for up to 6 participants



***"It has given me a more positive outlook on things and have made me reflect on what the truth is at the heart of events and situations, making me deal with the reality and not what I perceive"***

**Headteacher**