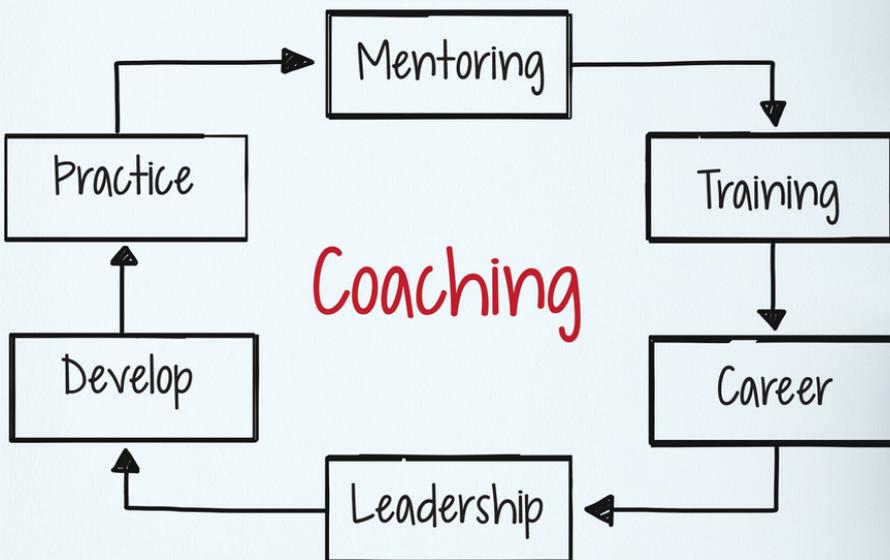


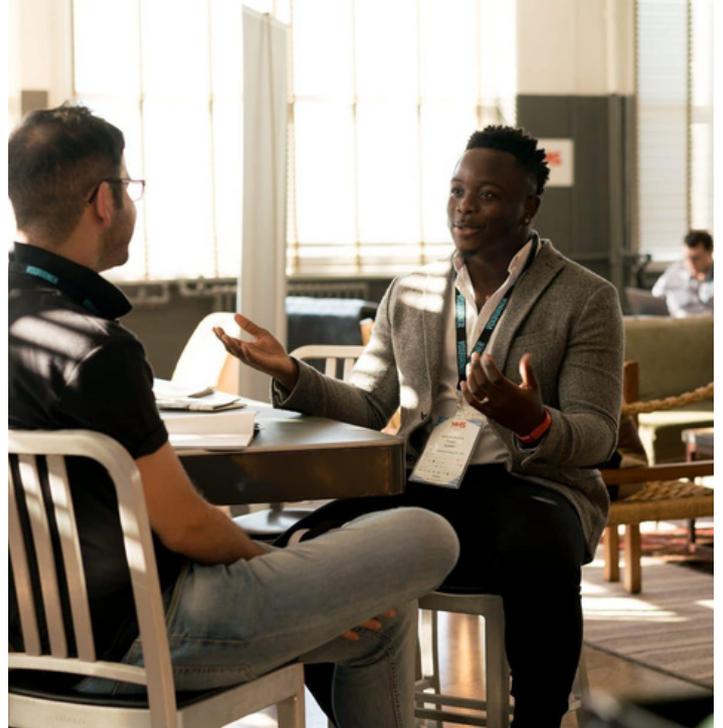
# 1:1 COACHING FOR SCHOOL LEADERS

[www.educoach.uk](http://www.educoach.uk) | [info@educoach.uk](mailto:info@educoach.uk)



# ONLINE & FACE TO FACE

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## FOR LEADERS AT ALL LEVELS

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**Executive Leadership**  
**Senior Leadership**  
**Middle Leadership**  
**Aspiring Leaders**

**Monthly, termly or more regular support,  
bespoke to you and your setting**

# WHAT CAN SCHOOL LEADERS USE COACHING FOR?

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School leadership is highly skilled and rewarding but it is also exhausting, thankless and with relentless pressures, internally and externally.

Coaching provides school leaders with space to offload and talk in absolute secure confidence. School leaders are often vulnerable to 'imposter syndrome' because they find themselves going from a classroom teacher role to positions of leadership responsibility, managing large budgets, liaising with outside agencies and having to make significant HR, financial and strategic decisions.

It is not possible to know how to do it all, just because you find yourself promoted into a new job.

## 'EXPECTED TO KNOW IT ALL'

That pressure of expectation can take its toll on even the strongest of characters. Having an impartial, external Coach can help reduce stress, alleviate anxiety, help you regain control if it is piling up and feeling like a 'runaway train'.

Perhaps it's help to prioritise your tasks or strategies to cope when it feels a bit overwhelming.

**Not just for managing pressure, Coaching is also used for support with:**

- High performance
- Managing conflict with staff/parents
- Difficult conversations
- Public speaking confidence and impact
- Self-awareness exercises
- Impartial sounding board
- Reflection on skills and experience
- Career progression
- Interview preparation
- Behaviour trait analysis



# THE COACHES

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**Nick Taylor is a Level 7 Advanced Executive Coach, Consultant and experienced Senior Leader.**

Nick has a warm, supportive and friendly approach with a good sense of humour and most importantly, he understands first-hand, the challenges, strains and frustrations that come with school leadership at all levels. Nick is a highly skilled Coach, compassionate and with a breadth of experience in mainstream, independent, SEN and alternative settings.



**Nina Moore is a highly skilled and experienced Coach & Education Consultant**

Nina is a warm and compassionate Coach with a big heart, a strong moral compass and a deep commitment to empowering people. Nina is passionate about supporting individuals through coaching.

An experienced headteacher and qualified Advanced Skills Teacher with over twenty years' experience in mainstream, independent and Alternative Education Provision.

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# WHAT IS COACHING?

Coaching is structured conversation designed to provoke reflection and deep thought, in order to achieve progress towards an outcome. The client is supported to become secure with the reality of a situation - with reality, one can find perspective - the only worthwhile place to start from.

A Coach's role is to ask questions that challenge and often 'push buttons'. Being coached can be emotionally exhausting because you will be 'pushed' to be open and honest about yourself and your practice.

## 'HONEST WITH YOURSELF'

Self-awareness is achieved through being honest with yourself. A Coach will support you to face up to things that you're putting off and help you confront your weaknesses and vulnerabilities, maximising your strengths and finding your authentic style.

You will be encouraged to reflect and make decisions on what you are willing and prepared to work on.



You will be encouraged to think about when you are at: your best, your worst, your laziest, your most effective, your most impressive and your most motivated. Expect your opinions and your comments to be challenged to encourage honesty, remembering that honesty promotes vulnerability and stimulates improvement and development.

Coaches are often regarded as 'critical friends'. A friend will often tell you what you want to hear but a Coach will ask you questions that you need to hear.

**Self-awareness - Emotional competence - Resilience - Purpose - Identity**

# SESSIONS

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Each session will last between one hour and 90 minutes can be conducted online or in person.

You may be issued 'homework' between sessions, designed to help you reflect.

Your Coach will learn as much about you as possible, exploring 'what makes you tick'. You will discuss your goals and aspirations, your day-to-day professional and personal challenges. It is time dedicated solely to you, to talk about you.

## 'WHAT MAKES YOU TICK'

How often do you get asked a really powerful question which stops you in your tracks? How often do you make time for yourself to indulge in high quality reflection and prioritise your own wellbeing?

How often do you allow yesterday to control today?

**Reflect, improve, achieve.**

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**When do you perform at your best?**

**When does your role feel easy?**

**What do you want to 'keep', 'ditch' or 'tweak' in your role?**

**How does it feel when you face resistance?**

**What do you need to do more of this term?**

**What have you achieved this week?**

**How does it feel when you fail?**

**What are you going to do next?**