



East Sussex
County Council



Coaching for school leaders

Changing Chances has been commissioned by the East Sussex School Improvement Boards to deliver confidential coaching and wellbeing support for school leaders.

Three options are available: 1-1 coaching for school leaders; team coaching for your leadership team and wellbeing workshops for your whole staff team.

THE OFFER

1-1 coaching

For headteachers and senior leaders. A confidential space for reflection, refreshing thinking & planning action.

Team coaching

Sessions co-designed with you and facilitated by an experienced team coach to help your senior team to explore team dynamics and devise new ways of working together.

Wellbeing workshops

An opportunity for your staff team to explore wellbeing and resilience through a research-based lens. We will share some useful tools, models and strategies.

What people are saying

“ My coaching sessions have been thoroughly rewarding, allowing me to reflect on the strengths of my practice and my growth as a school leader.

Senior Leader

“ My coach listens, empathises but challenges too, bringing a scenario to life and making it work for me. I have learned to reflect on my leadership style, not to be too hard on myself and to put small changes into practice that make a real difference. **Headteacher**

“ I am pleased to have carved out a little time in my busy leadership role, on a regular basis, to reflect and realign my thinking. The impact in me and for those around me is demonstrable. I would recommend it! **Senior Leader**

OUR TEAM

The coaching and wellbeing workshops will be delivered by one of the coaching team at Changing Chances.

All of our coaches are well-qualified, skilled and experienced professionals with a wealth of experience in education and leadership.

And above all, they are friendly, empathetic and really easy to talk to.

*For a confidential conversation about your coaching requirements, please contact Alison Rendle, either by phone or email. She will explore with you what you are looking for, agree a programme and identify a coach to work with you.
alison@changingchances.co.uk. 07972 333229*