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# Coaching for schools

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Employee well-being is a core concern of all effective school leaders. Coaching can make a significant contribution to increasing a sense of self-worth, improve confidence, provide insight and self-awareness and bring about change.

Our coaching offer has enabled staff to make changes, work more effectively, and feel far more confident and happy. It will develop leaders and teachers to achieve their full potential and provide the best possible leadership to their staff team and students. We can support you to close the gap between potential and performance.

## What is coaching

Coaching is a confidential conversation which facilitates another person's learning, development, well-being and performance. Coaching raises self-awareness and identifies and considers choices. Through coaching, people are able to find their own solutions, develop their own skills, and change their own attitudes and behaviours. It provides insight and brings about change.

It supports learning and is an experiential development process that builds capability to manage challenges and remove obstacles in order to achieve short and long-term goals.

## How does it work?

- Coaching is carried out on a one-to-one basis
- Coaching works through the process of a constructive conversation, creating self-awareness, exploring options and consequences and enabling decisions
- The focus of the coaching is usually selected by the coachee and the process provides opportunities for reflection and problem solving
- Coaching is an individualised professional development activity and can be finely tuned to the concerns of specific teachers/leaders
- Coaching uses tools and processes to increase self-awareness and consider decisions

Coaching can cover anything but some areas you might want to consider are:

<b>Assertiveness</b>	<b>Develop into new roles</b>	<b>Overcoming procrastination</b>
<b>Change issues</b>	<b>Get a better work life balance</b>	<b>Plan entry into a new job</b>
<b>Communication</b>	<b>How to boost leadership</b>	<b>Promotional and succession issues</b>
<b>Confidence issues</b>	<b>How to delegate</b>	<b>Restructure</b>
<b>Conflict issues</b>	<b>Improve an important relationship</b>	<b>Tackle performance problems</b>
<b>Decide what I want to do as my next steps</b>	<b>Manage time better</b>	<b>Tackle stress</b>

**We can provide:**

- 1-1 coaching sessions (typically 4 x 90 minute)
- School packages with a number hours of coaching/support to be agreed over a year
- Consolidated Action Learning Sets for 2+ Coachees designed to challenge thinking, stimulate creativity and provide the tools and techniques they need to build awareness and confidence.

**For more information please see**  
[www.interfaceenterprises.co.uk](http://www.interfaceenterprises.co.uk)

**To commission support through coaching please contact us at**  
[info@interfaceenterprises.co.uk](mailto:info@interfaceenterprises.co.uk)

**Or Call 01603 251730**