

Creating Space

Support your wellbeing, and focus on your personal development.

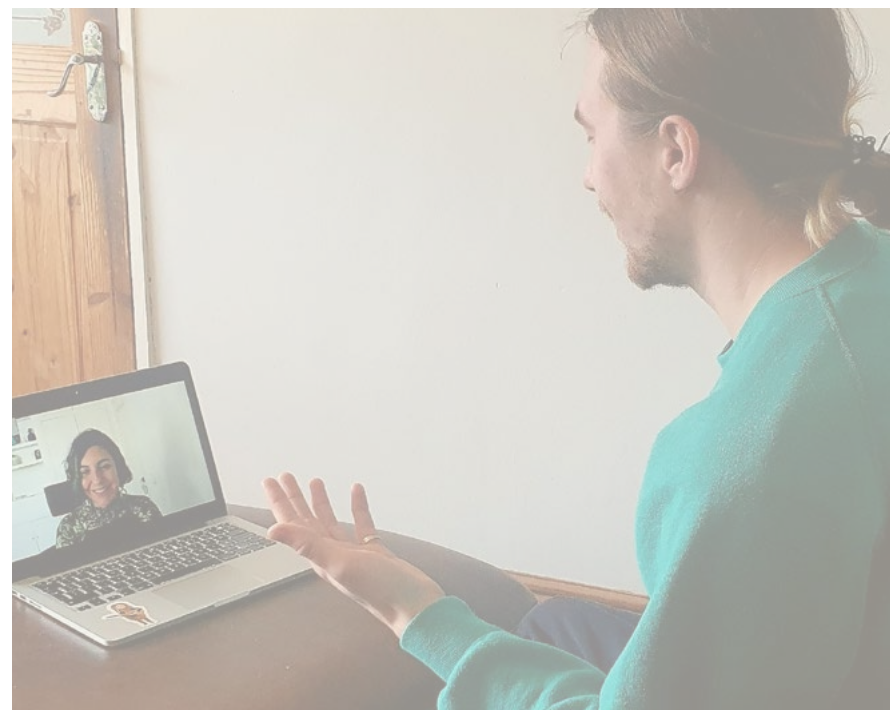


Creating Space is a new coaching programme for teachers, developed in partnership with Animas Centre for Coaching. This is an exciting opportunity for you to focus on your own **wellbeing, skills** and **personal development**.

We are looking for 30 Teachers, Headteachers and Senior Leaders to pilot Creating Space. Each teacher will receive 6 x 50-minute free one-to-one coaching sessions, meeting weekly with your matched coach across a 6 week period, at a time best suited to you.

Benefits of coaching include:

- ✓ Gaining a new, objective perspective
- ✓ Increasing resilience and confidence
- ✓ Coping with stressful situations
- ✓ Navigating the unpredictable
- ✓ Improving relationships with yourself and others



“Coaching gives you time to **reflect, talk through challenges** and **explore solutions**.”

It is a **safe, confidential, non-judgemental space** where you can speak openly about any areas of your life.



Remote

Meet your coach online from anywhere



Pick your date and time

You choose when suits to meet



Protected space

Talk about any challenges you are facing in work or life

This is a completely **free** opportunity, all we ask is that you commit to supporting this pilot programme by:

- ✓ Attending all six coaching sessions
- ✓ Completing a short evaluation survey before and after the pilot
- ✓ Providing feedback on your coach mid way through the pilot
- ✓ Providing a testimonial of your experience

Timeline:

28th Feb	Applications open
13th March	Deadline for submitting applications
25th March	Successful teachers notified
w/c 4th April	Programme begins with first coaching session

[Register your interest](#)