**“Coaching for the Soul” Workshop for Essex Head Teachers**

**This interactive workshop session is designed to offer Head Teachers a chance to connect, share experiences of school leadership and explore the benefits of coaching as a leadership support mechanism.**

The session will also offer Head Teachers the space and time to reflect on ‘*What Matters Most in School Leadership*’. As such, the session will consider what it means to ‘***Take care of the Soul in the role’*** and actively meet the emotional, mental and vocational needs of school leaders.

**This interactive workshop will demonstrate how coaching has the power to help school leaders:**

* **increase their levels of emotional resilience**
* **maintain a deep connection with their core values and ability to make decisions that are more aligned to who they are and who they want to be**
* **heighten their levels of self-awareness, self-management and their ability to cope more effectively with the stresses of the role**
* **Maximise feelings of professional satisfaction and fulfilment**
* **Find ways for re-discovering their joy and passion for the profession**

The session will also offer a chance for Head teachers to ask any questions that they might have about the coaching process and how it supports individual and whole school improvement.

**Comments from our previous Workshops:**

"Today gave me a chance to reflect with peers on shared experiences, a reminder that it is important to look after yourself.... Thank You for a Brilliant Morning" - **Emma Stevens, Head teacher**

I loved listening to other's stories, exploring the themes in Viv's book in more depth. The morning has given me a deeper knowledge of coaching, of myself and the areas I need to develop! -**Emma Thurston, Principal**

A Fantastic Informative Workshop. Thanks So much! - **Gary Anscombe, Head teacher**

"The experience gave me time and space to reflect about me in my role and speak to other colleagues about issues that really matter!" - **Liz Rymer, Headteacher**

"Extremely thought-provoking and positive session, a chance to really evaluate myself and impact of my role within the school. It has given me a crucial reminder about focusing, developing and valuing myself and the importance of authenticity." - **Robin Thompson-Clarke - Deputy Head teacher**

[Click here to Read What Happened at Our Last Workshop](http://www.integritycoaching.co.uk/blog/coaching-soul-uncovering-one-thing-missing-life-school-leaders)

**Viv Grant – Director of Integrity Coaching**

Host of the Free "Coaching for the Soul" Workshop





Viv Grant is the Director of Integrity Coaching. London’s leading provider of coaching services for Head teachers and senior school leaders.

Viv has been in the teaching profession for over twenty-eight years. A former Head Teacher, she is a passionate advocate for services that support both Head Teachers’ well-being and leadership performance. As an Executive Coach, Viv works daily with others who have taken on the mantle of school leadership. As a result, Viv understands more than most what it takes for school leaders to overcome the often deep, hidden, inner struggles of school leadership, and succeed in fulfilling their vision for themselves and their schools.

Her book “**Staying A Head”** is the seminal work in this area. Recognised as an expert in the field, she has contributed to various books and periodicals on the subject, most recently a chapter on “**Supporting Head teachers”** for a newly published book **“Mental Health and Well-Being in Teaching and Learning Environments**”. As an expert commentator, her contributions have also been featured in The Guardian, London Live, Sky News, Radio Four Woman’s Hour and the World at One.

Prior to setting up Integrity Coaching, Viv worked as a lead consultant for the Institute of Education, the National College, the National Union of Teachers [NUT] and the Department for Education [DfE], on a wide range of leadership and school improvement initiatives.