

# A Self-Care Package for School Leaders: Intensive Coaching, Summer 2023

Approaches and tools to enable you to articulate what you need to find balance, draw healthy boundaries and find joy in your work and your life.

- Led by Dr Emma Kell, coach and experienced school leader, with Sarah Hussey, Headteacher. The package includes:
  - Two one-to-one 60-minute coaching sessions
  - Two group coaching sessions of 120 minutes
  - Tailored coaching resources for you to use in the short- and long-term
  - Ongoing support for 3 months following the sessions





## **Dr Emma Kell**

Emma is director of Those That Can Ltd. She has 25 years of experience as a teacher and leader in UK secondary schools and currently teaches in Alternative Provision. She is a qualified Performance Coach and speaks regularly on teacher wellbeing, recruitment and retention. She has completed a doctorate on teacher well-being and parenting at Middlesex University and is author of *How To Survive in Teaching* (Bloomsbury, 2018) and *A Little Guide For Teachers: Wellbeing and Self-Care* and *A Little Guide for Teachers: Engaging Parents and Carers*. She can be found at <https://www.those-that-can.com/>. Emma is also Mum to two teenagers and a golden retriever.

## **Sarah Hussey**

Sarah has worked in education on the Isle of Wight for 25 years and has been a Head Teacher for 13 of these. She has a OU degree, a PGCE, a NPQH and a Post Graduate Diploma in Psychology; she is currently completing a Performance Coaching qualification with NLP. Sarah believes that education is centered around key values such as relationships and belonging. She wants all school staff to thrive and find their voices, through a focus on wellbeing. She is also the mother of 2 adult neurodiverse girls.



# Self-Care for School Leaders: An Intensive Coaching Programme: Summer 2023

Participants are free to access any or all elements of this package

- Dates and times of group coaching (online via Zoom):  
TBC – to fit in with clients as far as possible

(Sessions will be recorded, stored securely and shared with participants)

- 1:1 sessions are arranged at the convenience of coach and coachee
- Full ethical considerations, including confidentiality