

From Surviving to Thriving



Overview

This program helps you combat the mindsets that prevent you from being your best self on a daily basis. You will get clarity and skills to help you thrive despite the challenges of your role.



Learning objectives

- Review your current work life balance against seven key areas
- Build your own 'balance wheel'
- Learn how to manage your state
- Bring more of your 'spark' into your work
- Learn some practical strategies for managing difficult relationships
- Renew and refresh your energy



Who is this for?

Principals, APs, heads of department, teachers

Key content

- The invisible rubber band
- Core values
- In and Out of the Box & Mindtraps
- ETC process for managing your state
- Perceptual positions
- Winning formula

1-TO-1 COACHING

Personal leadership coaching including four hour long coaching sessions with professional coach & online learning

GROUP COACHING

Collaborative learning experience including four 90 mins sessions via zoom with online learning



98% of those we coach would recommend our coaching to colleagues

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