

# From Surviving to Thriving



## Overview

This program helps you combat the mindsets that prevent you from being your best self every day. 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, Assistant Principals, 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 coaching sessions with professional coach & online learning

US\$1,140 (4\*60 mins coaching sessions)

CAN\$1,500 (4\*60 mins coaching sessions) *recommended*



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

[us@btsspark.org](mailto:us@btsspark.org)

[btsspark.org/us](https://btsspark.org/us)