

coaching conversations for Early years Settings/school Staff

WHY COACHING?

We recognise the need to support education staff and leaders to look after their own and others’ well-being and believe that the offer of coaching is one way to do this.

WHAT IS A COACHING CONVERSATION?

A coaching conversation is an opportunity to talk about aspects of your professional and/or work situation with a view to supporting your performance, development, and/or well-being.

Coaching can give you some dedicated time and space to:

* Identify goals you want to achieve
* Celebrate and learn from your successes
* Think through issues you are facing
* Explore options; and
* Plan how to move forward

Coaches ask questions to help structure the conversation and support you in your reflection and action-planning. The aim is to provide you with a confidential and non-judgemental sounding board whilst also helping you to find clarity, direction as well as to promote well-being.

WHEN WILL COACHING TAKE PLACE?

You will be offered two sessions of one-to-one coaching. A further session can be agreed, as required. Coaching will take place online, via Microsoft Teams. Sessions are typically 1 hour and arranged at a mutually convenient time

How to book?

Please register your interest, by 7 November 2022, at [**education.psychology@milton-keynes.gov.uk**](mailto:education.psychology@milton-keynes.gov.uk)**.** Places are limited.

Coaching conversations are free of charge

Recent Feedback…

I thoroughly enjoyed the sessions with the coach. They gave me space to think and reflect on actions.

Coaching helped me process my thoughts…. and helped me to create an action plan which was so helpful.

The coach listened and cared. She helped me define and plan my career progression whilst encouraging me to look into my own self-care.

It was helpful to speak with someone away from my workspace and not linked with work.