

Thriving for Tomorrow

COURSE OVERVIEW

This coaching program is designed for those who have just been through a stressful leadership experience, such as managing the coronavirus crisis. It aims to help you reflect on what you have been through, optimize your learnings, and provide support to renew and thrive.

CONTENT COVERED INCLUDES:

- Shifting the stress
- Rediscovering my purpose and what matters most
- Recognizing and learning from the experience
- Letting go of unfinished business
- Energy management
- Building new ways of working

KEY FEATURES:

- Understand how to bounce back from a challenging or difficult period
- Let go of any negative feelings and maximize the learning from what you have been through
- Learn how to better manage your energy
- Integrate the learning and find a new sense of purpose and direction

WHO IS THIS FOR?

Principals, school leaders and superintendents

COURSE FORMAT

5*1 hr sessions of virtual 1:1 coaching
\$1,120 per person inc online learning

