

# 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 hourlong coaching sessions with professional coach & online learning

US\$1,000 (4\*60 mins)

Can\$1,340 + GST (4\*60 mins)

### GROUP COACHING

Collaborative learning experience including four 90 mins sessions via zoom with online learning for up to 6 participants

US\$2,600

Can\$3,500 + GST



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

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