

## DEVELOPING RESILIENCE AND EFFECTIVENESS WITH NQT and RQT's

### MANAGING WORKLOAD

Increasing resilience through understanding individual energy boosters and drains and taking action at the early signs of overload.

### GOALS, GRIT and PERSEVERANCE

Exploring GRIT and how it can link to professional goals, aspirations and success and how to use it as part of a strategy to develop professional resilience.

### COST

Our costs are based on a programme taking place in a host school with a minimum of 6 participants.

### A series of 5 workshops

**£225 per colleague**

(This works out at £45 per session)

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**Are you passionate and determined to be a great teacher?**

**Your success will require knowledge, skills and experiences but increasingly it will also be about your capacity to thrive in a high energy, fast moving professional landscape.**

**Building professional resilience will provide you with strategies and approaches to make the most of your professional opportunities and to positively manage your professional workload.**

### THRIVING ON FEEDBACK.

Using key features of a growth mindset to create professional learning by positively using feedback as a springboard.

### POSITIVITY AND SUCCESS

Using some NLP anchoring tools we look at the benefits of positive self talk and the impact of choosing to be positive on overall effectiveness

### THINKING ABOUT LEADING

Developing presence and influence at the start of the leadership journey.  
Understanding how successful conversations work.



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