Executive Coaching Consultancy for Organisational Wellbeing and Resilience

Create your own bespoke package by combining elements of our services to suit your needs and budget.

Whole-school, strategic wellbeing services:
- Meeting with key stakeholders to agree strategic aims, evaluation methods and link with whole school priorities and desired outcomes
- Whole-staff wellbeing measure to track impact of any of our coaching programmes or training events before and after delivery
- Team resilience coaching combined with one-to-one coaching and team health check at entry and exit
- Developing leadership behaviours that promote well-being and high performance, 360-degree feedback for School Leaders
- Training of in-house wellbeing coaches - staff, pupils and parents


With 29 years behind us of teaching and leading in education, we know from direct experience what the pressures for you are like. Life across the education system reflects the challenges we all face as 21st century humans. How do we maintain meaning, purpose and a sense of wholeness whilst responding to the often daunting swirl of change and uncertainty, and the pressures of external performance imperatives that undermine effective leadership and wellbeing?

Mindful Self-Leadership provides evidence-based principles, strategies and tools to enhance or transform organisational wellbeing. The link between wellbeing and sustainable improvement and innovation is strong. We will help you to achieve the flow and balance you desire in line with your vision, values and core purpose.

“Time and tide wait for no one.”

Wellbeing Coaching Services

- One-to-one Wellbeing Coaching for leaders, teachers and support staff - on site or remote subscription-based service
- Group Coaching Workshops - on site or online
- Workshops for pupils and parents

“Perceptive and confident coaching...which met the school specification and of extremely high quality.”

Deputy Head, Fernwood School, 2016.

You have given me some very usable strategies to deal with demanding situations that inevitably arise in day to day life and work. I have used the strategies we discussed of just dealing with the things I can control in the moment, whilst acknowledging other wider issues, and not dealing with them until the stressful situation has passed.”

Teacher, Notts. 2017

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Deputy Head, Fernwood School, 2016.

Proactive stress management, psychologically resilient leaders, staff, pupils and parents
Leadership Development Coaching and Consultancy Promoting Wellbeing, Resilience and Sustainable School Improvement

Being the lead school in the Trent Academies Group is both a privilege and a challenge for Rushcliffe School. The leadership team is a finite resource but the demands on its time are seemingly infinite. Sustaining outstanding requires a constant search for continuous improvement and investment in the team responsible for driving this process. The coaching enabled us to establish a renewed sense of clarity. Having someone who is aware of our roles and responsibilities but does not have all the baggage enables a new set of eyes to observe and feedback things that may well be obscured from the team itself."

Headteacher, S Lewis and Team, Rushcliffe School, 2016.

The executive coaching package was made up of the following ingredients:

• Before and after team resilience health check questionnaire
• Three-hour project launch workshop
• Three one-hour team coaching sessions with one-to-one sessions for each member of the team in between the second and third team coaching session
• Project write-up by your consultant

Team Coaching with Rushcliffe School SLT – Case Study

Charmwood House, 17 Caythorpe Rd, Lowdham, NG14 7DZ
Company Number: 10380948

Charmaine Roche, Executive Coach: BA Hons, PGCE, MA, NPQH, PG Dip. Coaching, passed with distinction

Former Head Teacher and Company Director, Charmaine Roche

Mindful Self-Leadership in Education
Team Coaching with Rushcliffe School SLT – Case Study

Facing into challenges, opening up possibilities, solution and future focused

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Charmaine Roche
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Contact us for a free consultation with Charmaine

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