



“It’s good to talk”

*Wandsworth School Staff well-being offer
Professional & personal coaching support*

(phone, Skype video call or online chat sessions)

How can coaching help me with my situation?

Want to see a positive change? Feeling stuck? Anxious about what next steps to take? Looking for a solution with time to reflect? How about a confidential and non-judgemental space where you can have your situation heard and discussed? I will listen and work together with you to help you consider possible options that are available to you, and the best actions you feel you can take to move in the direction of the change you are seeking.

What, where and how?



The **GROW** Model

Our coaching sessions will be based around the tried and tested GROW coaching framework model.

No need to travel from your base – coaching sessions take place via Skype video calling, Skype chat or by telephone. A coaching session is 60 minutes. Follow up sessions review progress and refine actions towards your goal. As a school staff member, this service is provided at no cost to you.

Please feel free to send me an email if you are interested to know more. I can then arrange a call with you to discuss whether coaching support is something you may find helpful.

Timothy Ryan

Social, Emotional & Mental Health Behaviour Advisory Teacher (Primary)

Wandsworth Special Educational Needs and Disabilities

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MA Education – School Guidance & Counselling (Distinction): USQ Australia

Cert Executive Coaching & Mentoring: Oxford Brookes University, England

Cert CBT Cognitive Behavioural Therapy Skills: Grove COSRT NCP, England

MA Education – Behavioural, Emotional and Social Difficulties (Distinction): KU England

Cert Counselling Skills for Working with Children: Place2Be CPCAB England

Youth Mental Health First Aider: MHFA England

Mental health wellbeing information and support for school staff during the coronavirus

Place2Be

“Coronavirus: supporting children who may be especially vulnerable during times of uncertainty”
<https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-supporting-children-who-may-be-especially-vulnerable/>

Mind (for better mental health)

“Coronavirus and your mental wellbeing”
<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

YoungMinds

“What to do if you’re anxious about coronavirus”
<https://youngminds.org.uk/blog/>

Anxiety UK

“Coronaxiety Support & Resources”
<https://www.anxietyuk.org.uk/coronaxiety-support-resources/>

Education Support

“Counselling is just a call away” - the 24/7 helpline/online chat is free and available to all teachers, lecturers and support staff, with its trained counsellor.
<https://www.educationsupport.org.uk/helping-you/telephone-support-counselling>

Samaritans

“If you're worried about your mental health during the coronavirus outbreak” – online information and resources, and telephone and online chat support
<https://www.samaritans.org/how-we-can-help/support-and-information/if-youre-having-difficult-time/if-youre-worried-about-your-mental-health-during-coronavirus-outbreak/>

