



A brand new programme inspiring educators to keep well, stay in the profession and rediscover joy in their work.

The context

In these post-pandemic times, it's worryingly easy to find highly capable teachers, headteachers and leaders who are seriously questioning how much longer they can go on. They face multiple challenges, not least:

- Overwhelm, isolation and fear - being perceived as not good enough or not able to cope
- Moral conflict - between keeping well and doing 'what's right'
- The rise of mental illness manifesting as anxiety, depression, self-harm and sometimes suicide, across the whole school community.

Unaddressed, these pressures can metastasize, burn people out or result in individuals leaving the profession they once loved.

A different approach

If you want a fit and healthy teaching team who are fulfilled and excited by the importance of their role as educators, who find fulfilment in their work, bring joy to pupils' lives and reawaken joy in the school culture, we're here online and ready to work with you.

The facilitators

We are Maureen Bowes and Siobhan Goffee, qualified coaches who, together, have worked in education for over 40 years.

- Maureen is an Executive Coach and Leadership Mentor who works exclusively with Headteachers.
- Siobhan is an Educational Coach; a former secondary teacher and Lecturer in Education, now coaching teachers and students and still working within the school system.



In our different ways, we have seen how the system can squeeze the joy out of life for teachers and leaders. We are united in our exasperation with the system, while recognising our combined experience means we know how to empower educators to stay well and rediscover joy in the job they once loved. So that's exactly what we're offering.

Who's it for?

- Anyone who is overwhelmed by the mounting pressures in the education system and increasingly drawn to leaving the profession - but doesn't really want to.
- Headteachers and leaders in education who want to keep people engaged and enthused in the teaching profession as part of their CPD.

What's required

If you, or people around you feel they are the victims of increasingly challenging times in education and hopeless to affect any kind of change, this programme puts you back in charge of your life through clarity, commitment, change and community.

- Clarity - to strip away what's really blocking you
- Commitment – to hold yourself accountable and apply what you learn
- Change – a reset of your orientation and attitude to the problem(s)
- Community – to connect, communicate, support, challenge and to keep your momentum going.

The content

The 10 online sessions cover major joyblockers – and how to get rid of them - for people in the teaching profession:

- **Overwhelm** - putting on the brakes to prevent burnout
- **Prioritising your own basic wellbeing needs** – self neglect is too great a cost
- **Being part of a system where it's never good enough** – finding your 'good enough' and turning it into 'just right'
- **Tackling stress and anxiety** – changing your attitude and approach to the problems
- **Isolation** – connecting educators to support and learn from each other
- **The virtue of giving more than is reasonable** – finding ways to assert boundaries when facing moral imperatives
- **'The joy has gone.'** – living each day with awareness to notice and experience the joy of life and of learning.

The cost

£500 (plus VAT) includes

- Long lasting resources to return to and re-use
- Ongoing access to the Joyblockers' website (videos, audio recordings, links and downloads, notes/worksheets)
- Practices to develop emotional resilience, mental toughness and physical wellbeing
- Personal development in assertiveness and communication skills to determine and negotiate what is reasonable for wellbeing as a priority
- Ways to adapt the programme to meet individual development needs, plus where appropriate, to share the learning with team members or to collaborate with other participants across schools.

The outcomes

- Engaged and inspiring educators who stay in the profession instead of leaving because the joy has gone.
- People who keep themselves well, who care and do a great job instead of burning themselves out.
- Individuals who find inspiration in their role and feel valued and respected.
- People who can, where appropriate, share what they have learned on the course with others as CPD or as inspiring role models.