

# COACH *in a* BOX

In the world of sport, people understand the need for a coach. They bring out the best in individuals and the team. More recently, executive coaching has grown rapidly within organisations but, due to the price point, it has been cost prohibitive to take through all the levels of business and into other sectors like Education. Coach in a Box has created a new approach which is now being used in over sixty top class organisations and across many different sectors. Rather than reading about 'developing oneself' or taking days out of their busy schedule to attend a training course, individuals now have the opportunity to receive one on one confidential coaching which focuses on their needs without significant time away from their desk.

In the Educational Sector, we have worked with the National College for School Leadership, Local Education Authorities and with a variety of Heads of different schools. Our work in these sectors has included school culture change programmes, developing stronger and more effective leadership, resolving conflict and supporting Head Teachers and the Senior Management Team to realise and implement their vision throughout the school. We look to work with education leaders who are hoping to make a more effective difference in the schools/authorities they work in. The following products have been written specifically for the educational sector:

## **Spark for School Leaders**

This product will help you make a step change in your leadership. Ideal for Deputies or Heads who would like to enhance their Leadership skills in order to create better schools for the future.

*"The coaches provided me with valuable insights into myself and how I can deal with others...Thanks to the coaches on supporting me through the process. I have gained a lot and will continue to refer to the materials and my notes in the future."*

Deputy Head

## **Transitions to Headship**

This product will prepare you for a role as Head Teacher by helping you to develop your vision and share your vision with others as well as to overcome obstacles that may get in your way.

*"I was surprised at how easy it was to engage with both Coach and Specialist without face to face contact; on reflection, I suspect this was a reason why it was possible to be so open and honest. It has given me the confidence to pursue headship."*

NCSL-NPQH candidate

## **School Governors**

This product focuses on the roles of Head Teacher and the Chair of Governors. How can you find a way of collectively leading the school that combines a strong set of shared values and an exciting shared vision with deep levels of trust and respect between parties? The energy that such partnerships can create and the extraordinary results that can be achieved are extremely powerful for the school.

*"The coaches were really good at boosting my self esteem; I left phone calls feeling like anything was possible and they helped me to see how my future might develop. I feel privileged to have been able to receive this support."*

Head Teacher

## **Leadership Partnership**

This Product is designed to help you examine your own leadership style and preferences when working with other leaders, especially beyond your own school and spans of authority and control. How can you fine tune your skills to lead systemically? What may inhibit you from working in partnership with others? How do you mobilise people for change and effectively manage tricky relationships?

*"The course has strengthened my ability to be self critical and thereby enriched my reflections; a process vital to effective self management and the leadership of others."*

Deputy Head

## **Group 8 Culture Change Programme**

Group 8 is a successful Australian company who we have been working with for the past year. This joint venture entails supporting schools to create a culture of support, learning, creativity and best practice for the education of our children. This programme takes the form of powerful workshops, coaching sessions and leading edge material.

*"I have gained insight personally and achieved improved understanding and relationships with colleagues."*

School Business Manager

All of the products over the page can be purchased at three different levels (with the exception of Group 8 for which, please contact [info@coachinabox.biz](mailto:info@coachinabox.biz)).

### BRONZE

- \* Three month programme
- \* Five telephone coaching calls
- \* Three steps of material

### SILVER

- \* Six month programme
- \* Ten telephone coaching calls
- \* Three steps of material

### GOLD

- \* Eight month programme
- \* Eight telephone coaching calls
- \* Two face to face sessions
- \* Three steps of material

For prices, please see our website: [www.coachinabox.co.uk/our\\_prices/c-6.html](http://www.coachinabox.co.uk/our_prices/c-6.html)

#### What will I receive?

1. Confidential coaching sessions which will last between thirty and forty-five minutes (you decide when you would like to book the sessions to suit your diary).
2. A box with a DVD (certain products only), Quick wins to boost your energy levels and material which includes the latest thinking and thought provoking exercises, all in a carefully designed step by step process.
3. The benefit of a very experienced, qualified, dedicated coach who will be able to provide insights and practical support with your current challenges. Your coach will help you to apply the material to meet your development plan objectives and fulfil your potential.

#### What is required of me?

The more time you invest in making sense of the material, the greater the learning experience will be. You will need to do about thirty minutes preparation before each of the calls to your Coach and you will be asked to experiment and apply your learning between calls. You will also be asked to reflect on what has gone well and not so well and to have an open mind on how to change or adapt deeply rooted patterns of behaviour.

#### How do I book a programme?

1. If you are the budget holder then please email our office with your contact details with the product and level that you would like to do: [info@coachinabox.biz](mailto:info@coachinabox.biz). One of our team will respond to you asap.
2. If you need to have funding authorised, please talk to the relevant manager and they should then contact Coach in a Box to get you started.
3. Before you get started, talk to your HR manager and/or Line Manager to discuss your objectives, how you will track progress and how you will evaluate the product on completion.

#### What happens next?

We will send a box to you which will include the Introduction to the product and all the details on how to prepare for your first coaching session. You will also receive a welcome email from Coach in a Box with your log in details enabling you to log onto the Coach in a Box website and book your coaching sessions online. You then need to read the material and prepare for your first coaching session. On completion of your first session, the next step of the material will be emailed to you. The process will continue in that way until you have completed your product.

If you would you like to reach the next level of your leadership potential, become a great coach, successfully navigate your way through difficult transitions, make the right decisions about your career or take control of your work/life balance, we have products which can help.

