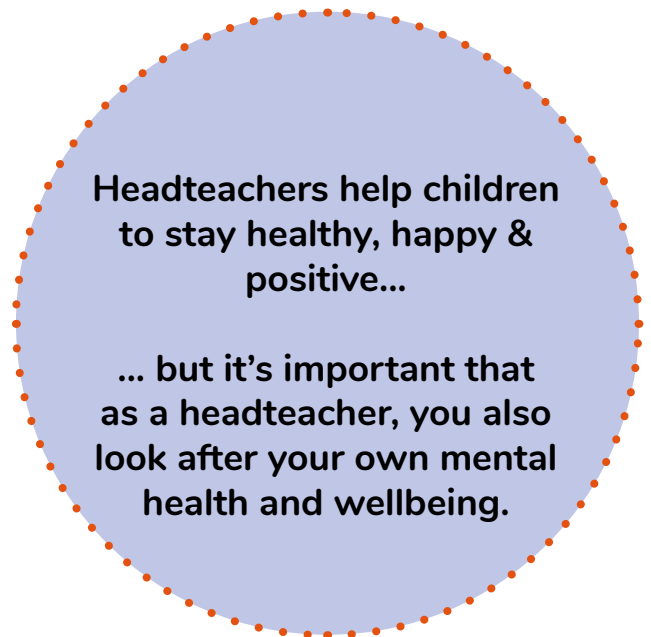


# Mental Health and Wellbeing Support for Headteachers

January 2022

Here's some of the support available:

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## 1. Urgent mental health support

If you need help for a mental health crisis, emergency or breakdown, you should get immediate expert advice and assessment. You can talk about anything that's troubling you, no matter how difficult: phone the NHS Mental Health Crisis Service on **0300 200 0011**

## 2. Free leadership support available from your local authority

This service provides up to three 1-2-1 sessions of 50-75 minutes. Further sessions are available for an additional fee to the school.

Sessions are confidential unless there is a safeguarding concern.

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Here are professionals currently available to provide support:

**Penny Brown**

Penny is an experienced Head Teacher with a strong track record of success in raising standards in schools in challenging circumstances in Derby and Derbyshire. Penny has taught in all year groups from R-Y6 and led on curriculum development and SEND.

Throughout her career Penny has gained a strong moral purpose which has driven her to share her expertise, knowledge and experience with future education specialists, teachers and leaders. In her recent roles as an LLE and Executive Principal for three schools, Penny has experience of supporting and developing heads and leaders through coaching, training and mentoring. Penny is currently running a Learning Hub with a focus on supporting vulnerable pupils and those with SEND. Contact Penny at: [littleoverlearninghub4a@gmail.com](mailto:littleoverlearninghub4a@gmail.com)

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### **Julia Gaughan**

Julia has a wide range of recent and relevant school leadership experience as well as working as a local authority school improvement officer. She has a clear knowledge and understanding of what it is like to teach in and lead schools in challenging circumstances. School leaders value her common-sense approach and the practical, effective advice and support offered by her. Julia provides regular coaching and supervision sessions for school leaders and teachers. She is also a chair of governors in Warwickshire. Julia is an accredited Pupil Premium reviewer working with schools across the country in supporting vulnerable groups of pupils in primary and secondary settings.

Contact Julia by emailing [julia@3jschoolimprovement.co.uk](mailto:julia@3jschoolimprovement.co.uk) or by calling **07748 763321**

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### **Vivien Hyde**

Vivien has taught all the primary age ranges and has worked as an experienced Head also leading on literacy, assessment and SENDCO. Vivien gained an M.Ed. in school improvement from Nottingham University in 1985. In 2003 she was then commissioned to work as a primary adviser for Leicester City mainly supporting the vulnerable schools. More recently (2015) Vivien has been contracted to work for Warwickshire as a Learning Improvement Officer working again with vulnerable schools. She has a wealth of experience of supporting heads, staff and governors. She is also a governor of a school in Derby working with the Head through the Covid-19 crisis.

Contact Vivien by emailing [Vhyde03@aol.com](mailto:Vhyde03@aol.com) or [vivienhyde@warwickshire.gov.uk](mailto:vivienhyde@warwickshire.gov.uk) or by calling **07798 647866**.

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### **Jane Killingbeck**

Jane has extensive experience working in close partnership with primary and secondary school leaders in different contexts, including as an LA English and School Improvement Advisor across local authorities and as a Leadership Coach. Her recent accreditation is a Masters' qualification in Executive Coaching and

Mentoring (ILM 2019.) Jane's style is democratic, passionate about making a difference through solution focused support to achieve required or desired outcomes. She is an active member of Association for Coaching (AC), the European Mentoring and Coaching Council (EMCC), The Trusted Coach Directory. Jane is an experienced and practising Leadership Coach working also with school leaders and PGCE trainees as an Associate Teaching Fellow / Tutor at Warwick University, as AQA hub lead with Oxfordshire schools, a Warwickshire primary school governor and independent consultant. She welcomes any questions about the process of coaching.

Contact Jane at: [Janekillingbeck2020@gmail.com](mailto:Janekillingbeck2020@gmail.com) or **07816 072457**.

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### **Jacqui Lemaitre**

Jacqui Lemaitre is an experienced educationalist with many years working in community and faith and non-faith schools. She is a current National Leader of Education working with many Headteachers all over the country as well as a C.E.O for five large primary schools around London. Previous to this role Jacqui worked for 15 years as a Head teacher, 6 years as an Executive Head Teacher and ran a successful Teaching School for 5 years, supporting many schools to Good across Worcestershire and Warwickshire. She has teaching and leadership experience across the primary age range and is also currently working supporting local Governing Boards through targeted training and support. She is a trained School Improvement Partner and Ofsted Additional Inspector and holds a Master of Arts Degree in education. She has written for The Guardian newspaper and carried out several research projects around Special Educational Needs and Leadership structures.

Contact Jaquie on [jacqui@jlemaitre.co.uk](mailto:jacqui@jlemaitre.co.uk)

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### **Ian Lowe**

Ian is the founder of Ethical School Solutions an independent educational consultancy. He has a wide range of recent and relevant school leadership experience including being an headteacher, Executive Head and founder and CEO of an academy trust. He has expertise in primary, secondary and special particularly in supporting schools in category. He has a deep knowledge and understanding of the pressures in leading schools especially those in challenging circumstances. He currently coaches, mentors, trains and reviews schools and has started working as a local authority school improvement officer. He also an assessor for the Inclusion Quality Mark and undertakes SEND reviews and supports a Trust with its strategic inclusion strategy. Leaders and governors appreciate Ian's positive, practical and effective support. Ian is also a vice chair of governors in Warwickshire, a member of an academy trust and a director of a social housing trust.

Contact [ilowe@esseducation.org](mailto:ilowe@esseducation.org)/ **0121 4062430/ 07770 937272**

## Catherine Nyman

Catherine enjoys supporting school leaders across the West Midlands and has taught in all Year groups R-Y7. She has considerable experience as a school leader and head, most recently leading a school in Special Measures. Catherine has an M.Ed. in School Improvement (Exeter), NPQH and a Prof. Diploma in Coaching (Warwick), with associate membership of the Association for Coaching. Catherine was subject expert in Primary Literacy/School Leadership coaching for a large National MAT 2019-2020. Catherine is a practising professional coach working with school leaders of all types. Catherine enjoys working with system leaders in her commissioned work from Warwickshire LA for two days a week and is private LIO and coach across the West Midlands.

Contact Catherine by emailing [cj@nymancoachingassociates.uk](mailto:cj@nymancoachingassociates.uk) or [catherinenyman@warwickshire.gov.uk](mailto:catherinenyman@warwickshire.gov.uk) or calling **07980 552963**.

## Louise Norris

Louise is a ICF (International Coaching Federation) accredited coach with more than 20 years' experience in education and school leadership. Her teaching career started in Devon where she also took her first headship in a small village primary school. From there I moved to Warwickshire which, as I grew up in the Midlands, felt like coming home. Louise's second headship was a in a two-form entry primary where her passion for coaching and working to find positive solutions to workload and wellbeing issues continued to grow. This informed her MSc research in coaching for wellbeing and professional development in schools. Since 2018 Louise has been based in Wiltshire where she works as a school improvement advisor, education consultant and coach and thinking partner to school leaders. Louise says: 'If you decide to get in touch, I'll offer a safe space for you to talk and think without judgement. Our starting point will be what you need as human being in that moment. From there we'll work in partnership to enable you to find your way forward'.

Contact [louise@volantcoaching.com](mailto:louise@volantcoaching.com)/07973 859292

## Michelle Pickering

Michelle Pickering is a very experienced independent school improvement consultant, coach mentor and trainer. As a reputable head teacher in Birmingham she had experience of leading a school out of special measures. Michelle has worked as a senior school improvement officer with Local Authorities across the country and led inspections for OFSTED; she has been contracted by

Warwickshire as a Learning Improvement Officer since 2014 and has extensive experience working alongside many leaders across the county. Michelle has developed and delivered a range of coaching and training opportunities for school leaders. She is currently active on the Department for Education Register of External Expertise.

Contact Michelle by emailing [Michelle@1st-class-school-improvement.co.uk](mailto:Michelle@1st-class-school-improvement.co.uk) or by calling **07984 792213**.

## Gill Weston

Gill Weston has over 35 years successful experience in education as a teacher and leader, much of which has been working in the Midlands region. Roles have included Assistant Director of Children's Services for Education, Learning and Skills; Primary Strategy Manager; School Improvement Partner and Adviser, and Improvement and Development Officer for children's centres. Gill is a now a freelance education consultant working with school leadership teams in a range of partnerships including teaching school alliances, multi-academy trusts and local collaborative groups. Her work includes: research based leadership coaching and development work for groups and individuals; training in curriculum leadership; advising governors for headteacher performance management and headship appointments.

Contact Gill at [gillian.weston@westoneducation.co.uk](mailto:gillian.weston@westoneducation.co.uk)

**For specific coaching or support in relation to your Early Help or DSL role please contact** Carl Lewis, Targeted Support Officer – Headteacher Coach: [carllewis@warwickshire.gov.uk](mailto:carllewis@warwickshire.gov.uk)

## Other Resources available for you and your staff

### Other useful helplines:

**Mental Health Crisis Team**  
0300 200 0011

**Mental Health Matters**  
0800 616 171

**Sane** (4.30-10.30pm)  
0300 304 7000

**Saneline** (24 Hours)  
08457 678 000

**Samaritans** (Free – 24 Hours)  
116 123  
jo@samaritans.org

**The Lighthouse Counselling Service**  
02476 440 095  
info@lighthousechritiancare.co.uk

**Samaritans** (Coventry)  
02476 678 678

**Alcoholics Anonymous** (Free)  
0800 9177 650  
help@aamail.org

**National Debtline**  
0808 808 4000

**Gamcare** (Gambling Advice Line)  
0845 600 0133

**Assist Trauma Care Support Line**  
01788 560 800

**Gingerbread** – Single Parent Helpline  
0808 802 0925

**No Panic Helpline**  
0844 967 4848

**National Mind Info Line**  
0300 123 3393  
info@mind.org.uk or text: 86463

**National Mind Legal Line**  
0300 466 6463  
legal@mind.org.uk

**Useful Organisations/Projects:**  
Recovery & Wellbeing Academy  
0300 303 2626 or 02476 229 988  
Recovery.Academy@covwarkpt.nhs.uk  
pathways@cwmind.org.uk

**Change, Grow, Live** (CGL) Coventry

02476 010 241  
Coventry.info@cgl.org.uk

**Coventry Rape and Sexual Abuse Centre**  
02476 277 777  
info@crasac.org.uk

**Cruse Bereavement Care**  
0808 808 1677  
helpline@cruse.org.uk

**Independent Advocacy Service**  
02476 697443

**National Centre for Domestic Violence**  
0800 970 2070  
office@ncdv.org.uk

**Coventry & Warwickshire Relate**  
02476 225 863  
info@relatecoventry.org

**Coventry Haven** – Women's Aid  
02476 444 077  
info@coventryhaven.co.uk

**The National Careers Service**  
0800 100 900

**Abacus Counselling Service**  
02476 226 623

**The Lighthouse Counselling Service**  
02476 440 095  
info@lighthousechritiancare.co.uk

**Bipolar UK**  
020 7931 6480  
info@bipolaruk.org.uk

**Bipolar UK Coventry Support Group**  
0333 323 3885  
groupdevelopment@bipolaruk.org

**Anorexia & Bulimia Care**  
03000 11 12 13

**Springfield Mind**  
01789 298 615  
enquiries@springfieldmind.org.uk

**North Warwickshire Counselling Service**  
02476 320 095  
info@nwcounselling.org.uk

**Sycamore Counselling Service**  
02476 744 544

**Together Peer Support Service**  
02476 796 416  
ian-sykes@together-uk.org

**CWM Counselling Service**  
02476 017 235  
lois@cwmind.org.uk

## Apps & Online Communities:

### Apps for Mental Wellbeing:

Headspace  
Silvercloud

### Professional Associations:

NAHT: 0300 30 30 333  
ASCL: 0116 299 1122  
NEU: [neu.org.uk/tags/mental-health](https://www.neu.org.uk/tags/mental-health)  
NAS/UWT: 03330 145550 ask for member support

If you are aware of any other resources which you think support headteachers wellbeing, please share them with [margotbrown@warwickshire.gov.uk](mailto:margotbrown@warwickshire.gov.uk)

### Talk to your Chair of Governors!

- Governor Services have shared this information with Chairs of Governors

Reasons2  
RCPsych Mental Health App  
Five Ways to Wellbeing  
Wrap – Wellness Recovery Plan  
Happier  
Diary Mood Tracker - Daylio  
Catch it  
Mental Health Recovery Guide  
Calm Harm  
Stay Alive

### Apps for Anxiety & Depression:

WellMind  
Wat's Up?  
SAM: Self-help for Anxiety Manage'  
Mood Tools – Depression Aid  
Fear Tools – Anxiety Kit  
Anxious Minds  
Just6  
Relax Melodies

### Apps for Eating Disorders:

Rise Up – ED App  
Recovery Record – ED App

**Employee Wellbeing Support Service**

Access to a dedicated telephone support line and website is available 24/7, 365 days a year.

For more information, contact: [jameslong@warwickshire.gov.uk](mailto:jameslong@warwickshire.gov.uk)

**Warwickshire Educational Psychology Service**

This service provides coaching support, anxiety reduction, and has information on imposter syndrome.

For more information email [eps@warwickshire.gov.uk](mailto:eps@warwickshire.gov.uk) or call 01926 742941

**Follow @Headsup4HTs on Twitter**

A platform providing informal, supportive and positive conversations with peers.

**Charity for Education Support**

A UK charity dedicated to supporting the mental health and wellbeing of teachers, offers a 24/7 helpline and teacher help and advice. [www.educationsupport.org.uk](http://www.educationsupport.org.uk)

We are delighted to introduce our directory of experienced Warwickshire headteachers who have undertaken rigorous and practical training in Professional Coaching over a year and have a range of skills and strategies at their disposal. The group trained with Catherine Nyman, a highly respected coach and school improvement professional. Their confidential and professional approaches are very much in evidence in their own practice, and they are continuing their development and training through ongoing network of support and CPD.

The Peer Coaching directory differs from the 'Listening Ear' approach in that Warwickshire leaders are encouraged to make their own arrangements with regard to number of visits and rates of pay and Peer Coaches will invoice school direct. Our Peer Coaches would be happy to work with headteachers and senior leaders.



**Lindsey Oscroft**

Following my degree studies, I started my teaching career in Warwickshire. I progressed through middle leadership to Headship in 2002 having worked across a variety of both maintained and faith schools in different parts of the County.

I have successfully worked to improve standards in my role, securing Good and Outstanding judgements at OFSTED and SIAMS.

As Consortium Lead, an LLE and LIO, I continue to support the development of Leadership and Management at other schools, providing coaching, mentoring and challenge. I became Executive Headteacher of a Federation in 2015 and the first CEO of the Fosse MAT in 2021.

Preferred phone number: 01789 840311/ 07879 490013  
Preferred email details: [exeheadtwf@welearn365.com](mailto:exeheadtwf@welearn365.com)



### Adam Walsh

My name is Adam Walsh and I am an Executive Headteacher of four schools and also the CEO of a Multi Academy Trust in South Warwickshire. I myself am regularly coached and I see coaching as an important part of leadership as it allows us time to think, reflect and challenge ourselves. Coaching heads and senior leaders is already an important part of my role and an area I have had a professional and personal interest in for many years.

Preferred phone number: **01789 762578**  
Preferred email details: **head3595@we-learn.com**



### Nicky Green

Hello, my name is Nicky Green and I have been in education nearly thirty years! I have worked in three counties, beginning my career in Cheshire and for the last 19 years in Warwickshire. During my career I have worked in junior, primary and infant schools, with one of my happiest times being a Specialist Maths Teacher in Hertfordshire. Having been a headteacher for the last 10 years, I have relished working beyond my own school, being a director for the Gateway Alliance Schools Company and being involved with LA school-to-school support for a number of years. Although I am relatively new to coaching, I thoroughly enjoyed the training and feel that I have been utilising many approaches over the years without realising it. I am really looking forward to this next chapter, working with my headteacher colleagues in this new role as a peer-to-peer coach.

Preferred phone number: **07941 925469**  
Preferred email details: **reen.n3@welearn365.com**



### Christian Hilton

Since 2009; a head of two schools since 2011; and Executive Head of three schools since 2015. My coaching practice has focused on dynamic change and school improvement for teachers and school leaders. Strategic leadership, innovation, effective use of technology, growing staff and developing the quality of teaching, learning and curriculum are my areas of expertise.

Preferred phone number: **01608 661266**  
Preferred email details: **hilton.c@welearn365.com**



### Dan Powell

I am Daniel Powell and have been a headteacher in a Warwickshire school for 3 years. The school is a vibrant setting with plenty of exciting developments.

The community we serve is busy, high achieving and there is plenty of demand. I have been working in education for 16 years, am a qualified SENCo and have broad experience in ITT. Prior to this I worked in business with a specialism in graphic and media design.

Having knowledge of both disciplines has been of great benefit to me. Offering my support to peers as a Peer Headteacher coach is something that I am passionate about. My leadership interests include creativity, efficiency and effectiveness from a strategic and management level.

Preferred phone number: **01926 842403**  
Preferred email details: **head2017@welearn365.com**



### Karen Hanson

I have been a headteacher for many years in Solihull and North Warwickshire. I've thoroughly enjoyed taking part in the coaching programme and it is something I really want to spread across our staff. I know how lonely this job can be and have had great support in the past from other heads, I would be happy to be there for others. I believe I listen with great focus and really empathise with the issues headteachers have. I am determined to make a difference and aim to do that every day!

Preferred phone number: **01827 872275**  
Preferred email details: **head3596@welearn365.com**



### Sukie Owers

I am Sukie Owers. Having dedicated 26 years to education, I have had the opportunity to gain a range of experiences, working in varied contexts and developing my leadership. My first years of teaching began in a challenging but vibrant inner-city community school in Nottingham, before moving to a Church of England school in Rugby in 2004 to take up a Deputy Head post where shortly after, I became Headteacher. During this time, I worked alongside a number of schools in Rugby and one in Coventry in my LLE role, developing the capacity and excellence within the supporting and supported schools. Since 2016, I have been the Executive Headteacher of a three form-entry Infant and Junior school; one community and one Church of England.

In my 17 years of being a Headteacher, the most powerful investment in myself has been sourcing the right coach at the right time. Coaching has given me greater clarity, resilience, direction and hope. It has often been the catalyst for achieving my ambitions for others and ultimately, children being the greatest beneficiaries.

Along with its absolute highs, Headship can be relentless, sometimes lonely, and I am sure we have experienced times when imposter syndrome can creep in. I hope that I can offer colleagues a safe space to be honest, not feel judged and find realistic optimism.

Preferred phone number: **07941 925469**  
Preferred email details: **reen.n3@welearn365.com**



### Jane Tailby

My name is Jane Tailby and I am the Headteacher of Bridgetown Primary School in Stratford-upon-Avon. Prior to this, I was head of a village school in Oxfordshire for five years. I am passionate about leadership, developing vision and culture in schools, using values as a bedrock for behaviour expectations and for teaching and learning. I am a strong advocate of coaching and using a coaching model to support, develop and empower teachers and future leaders in school.

Preferred phone number: **01789 205092**  
Preferred email details: **tailby.j@welearn365.com**



### Juliet Jones

My name is Juliet Jones and I am very proud to have been the headteacher at Cubbington C of E Primary School in Leamington Spa for 7 years. During this time, I have moved the school from RI to Good. Our school is one form entry in a village setting and is very much at the heart of the community. We have a high percentage of children with EHCPs and children who were previously looked after. My teaching background has mainly been in KS2 and being a keen mathematician led me to train to become a Maths Specialist Teacher. I have always been very interested in coaching and I have worked closely with the local authority to mentor and support colleagues at all stages of my career. Most recently, I have led a number of task groups and provided learning improvement support for a range of schools within Warwickshire.

Preferred phone number: **01926 422967**  
Preferred email details: **head3144@welearn365.com**



### Julie Forshew

I have been a headteacher at Nathaniel Newton Infant School in Nuneaton for 7 years. We are a three-form entry infant school with a diverse catchment area and like many schools, have our fair share of children and parents who provide us with some challenging situations which we navigate ourselves through frequently.

Over recent years I have thoroughly enjoyed providing support to schools in different situations and have always done so through a calm, clear thinking, strategic approach but most importantly with professionalism, understanding and empathy.

I believe my friendly, positive disposition has meant that colleagues have found me approachable and are confident that I will listen carefully to them without judgement and anything they discuss with me will remain confidential.

Preferred phone number: **02476 392236**  
Preferred email details: **head2029@welearn365.com**



### Julie Miles

My name is Julie Miles and I have been a headteacher for the last 7 years, working in Warwickshire for 28 years across a range of different settings.

My specialism across my whole career has been around SEND, SEHM and Inclusion; I enjoy having the ability to influence and embed this practice throughout the culture of the school. My current school community is hugely diverse, with aspirational staff who create a vibrant and creative culture where all children set themselves high standards.

Coaching inspires me, as offering support to others is something I am passionate about. I enjoy empowering others, drawing out their skill set to enable them to lead with confidence. My particular interests as a leader are around capacity building and the creation of a clear strategic direction adopted by the whole school community.

Preferred phone number: **01926 423404 / 07876 673040**  
Preferred email details: **miles.j2@welearn365.com**



### Jane Le Poidevin

I have joined the coaching team at Warwickshire because I want to be able to help and support other headteachers in our county, through effective listening and challenging support. The job of headship can be really lonely at times and sometimes having someone with the same experience, knowledge and understanding who you can confidentially reflect back to your thoughts and potential decisions, is really useful.

I have been a headteacher for over 20 years in a variety of independent and state schools covering Nursery through to year 11, but my passion is primary education. I have been the Head at Paddox for 8 years, during which time it has grown from a 2 form to a 3 form entry school, with a SEMH Resource Provision now on site as well. No day is ever the same and that is just one of the reasons I love the job that I have.

Preferred phone number: **07919 293279**  
Preferred email details: **head2625@welearn365.com**



### Andrew Moorcroft

My name is Andrew Moorcroft. I have been a Headteacher for 17 years across three different local authorities: Leicestershire, Northamptonshire and Warwickshire. My headships have included every primary phase: Infant, Junior and Primary. I have also been a Head of a Children's Centre.

I am an accredited Pupil Premium Reviewer with a keen interest in coaching, headteacher advocacy and strategic leadership to effect change. My headships have afforded me exposure to a wide range of experiences including developing positive employee relations, conflict resolution and school pupil bereavement. I have successfully guided headteachers and schools through a variety of panels and appeal hearings to a positive outcome.

I would relish the opportunity to work with you to help you successfully celebrate your successes and overcome your current challenges.

Preferred phone number: **01788 571679**  
Preferred email details: **head2598@welearn365.com**



### Glyn Roberts

I am Head of School at Shipston on Stour Primary, part of The Stour Federation. I have been teaching for over 25 years and leading schools for over a decade. I have a passion for SEND, inclusion and data. I have worked in a wide variety of schools, from London to the Midlands. I believe that the key to success in school is reading, clarity of message and collaboration. I still teach every week and have experience of being a governor at several successful schools. I have experienced the benefit of coaching and use it with staff and children in school to good effect.

Preferred phone number: **01608 661266**  
Preferred email details: **Roberts.g3@welearn365.com**





### Andy Simms

My name is Andy Simms. I have been a head teacher (NPQH) for 13 years and worked in 5 different schools. During my career I have also been a primary teacher, team/ KS leader, deputy head, Local Leader of Education and Consortia Chair. Prior to this I worked for 10 years in the horticultural / farming industry. My strengths are in strategic thinking, assessment, curriculum design and creativity, promoting quality teaching and learning and staff development. Outside of education I have a keen interest in meditation, yoga, art, and board sports. For me coaching is a way for us to discover our own possibilities and a step towards the future we wish for or need.

Preferred phone number: **01789 773201**  
Preferred email details: **head3011@welearn365.com**



### Sally Kaminski-Gaze

Hello there! I'm Sally Kaminski-Gaze, I've been headteacher of my current school for 20 years. We were taken out of Special Measures through to Good in February 2016 and were last inspected in December 2019. We were delighted to be awarded Outstanding in our latest SIAMs inspection. I have experienced leadership in a number of different schools including headship of a middle school.

My experience as an OFSTED Inspector has been invaluable to me and I have since supported a number of schools as a System Leader. I have always welcomed advice and guidance from other colleagues in addition to seeking it out when needed and I would be pleased to work alongside you!

Preferred phone number: **02476 382123**  
Preferred email details: **kaminski-gaze.s@welearn365.com**



### Debby Hughes

I have been a headteacher in Warwickshire for the past six and a half years and previous to that held a range of senior leadership and teaching positions in Birmingham and Solihull too. I trained to teach after a successful marketing career in business, which allowed me to bring a wealth of experiences and skills into my teaching and leadership roles.

Leading a school can be the most wonderful of experiences and the most challenging too but in order for us to lead with passion we sometimes need a safe and supportive coach who can encourage and support in a focused and meaningful way. Jackie Arnold (2016) states 'A coach creates a particular energy when working with their coachee by being a non-judgemental listener and reflector of the ideas and issues that arise...they remain totally convinced of the potential of those they coach'

I have been really lucky in my own career to be supported and guided by many wonderful people and I now feel it's time to 'pay this kindness forward'.

Preferred phone number: **01675 462312**  
Preferred email details: **head2569@welearn365.com**



### Sally Morris

Hello! My name is Sally Morris. As a serving primary headteacher I have over twenty years' experience of primary teaching, headship, executive leadership and school improvement. My coaching and mentoring practice has been focused on supporting schools and head teachers in building positive relationships within teams which impact significantly on outcomes for children. I enjoy coaching colleagues at a strategic level, shaping and implementing change and finding creative solutions. I would like to share my positive and solution-finding approaches with other headteachers in the county.

Preferred phone number: **07815 853281**  
Preferred email details: **head3210@welearn365.com**

### Further Coaching Support Available

Two highly experienced and respected leaders are also ready, willing and extremely able to support Headteacher colleagues through coaching. Edward May is Executive Director of Community Academies Trust and Andy Mitchell is Headteacher at Woodloes Primary School, a member school of Community Academies Trust. Andy has undertaken coaching training with the Centre for the Use of Research and Evidence in Education (CUREE) and Ed has completed Executive Coaching training (accredited by the European Mentoring and Coaching Council) to Level 7.

Contact Andy via **head5207@welearn365.com**. Ed can be contacted via **emay@catschools.uk**. Andy and Ed will offer support on the same terms as other Peer Coaches in that leaders will establish their own contacts and terms of reference.