



WWW.JUSTINLEECOACHING.CO.UK

# SCHOOL INFORMATION PACK

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## WHAT IS COACHING

The ICF (International Coaching Federation) defines coaching as: *"partnering with clients in a thought-provoking and creative process that inspires them to maximise their personal and professional potential. The process of coaching often unlocks previously untapped sources of imagination, productivity and leadership."* We all have goals we want to reach, challenges we're striving to overcome and times when we just feel stuck. Partnering with me, as your coach, can be life changing; facilitating and setting you on a path to greater personal and professional fulfilment.

It is also important to highlight what is not coaching? As a coach, I help you to focus on setting goals, creating outcomes and managing personal change. Whilst many therapeutic interventions look to the past, coaching primarily focuses on the future and helps to achieve goals or objectives. As your coach, I facilitate this by asking questions and using various tools and strategies. This helps you, the coachee, develop ideas and expand thinking to help fulfil what you want to achieve. During a coaching session, you are in complete ownership and control of the session and the goals you want to achieve. This is done by me, as a coach with authenticity; without bias, without judgement and in a safe space.





# ABOUT ME



Justin Lee

ICF Registered Professional Coach

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My name is Justin Lee. I have had a varied career in the education sector, spanning over 25 years. I graduated from Oxford Brookes University with a degree in primary education and a specialism in English. In 2021 I completed my NPQH and had planned to become a Head Teacher. However, In 2022, I adopted a little boy and a career change was needed to adjust to the new way of life. Many of my skills from teaching were transferable into coaching. I studied at Henley Business School and became a professional coach, whilst maintaining a leadership role within my school.

I believe that coaching someone is an absolute privilege. It brings a great joy when coaching and working with people to make positive changes and helping them to become the best possible versions of themselves. It is a very rewarding profession.

During my coaching sessions, I can bring a high level of empathy and understanding that can provide support, where others might not. This is due to my extensive and varied experience in education; allowing for a more tailored, personable and bespoke coaching session for you. I can provide a non-judgemental, supporting and safe space for you to share your thinking, ideas and challenges that you are facing.

## HOW COACHING BENEFITS SCHOOLS

6 benefits for your school that come from being coached:



Drive up standards, by goal setting and achieving targets.



Increase in staff morale and value, leading to improved staff retention.



Take greater self responsibility and accountability.



Develop a better sense of self, self-reliance and improve well-being.



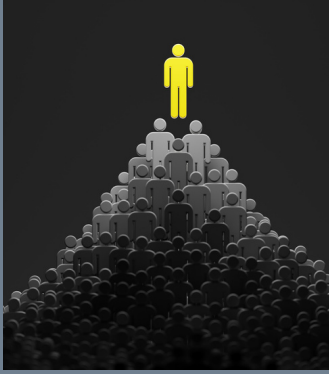
Improve work-life balance and job satisfaction.



Communicate and work more productively and effectively with others.

# COACHING SERVICES AVAILABLE TO YOU AND YOUR SCHOOL

## HEAD TEACHERS AND EXECUTIVES



I can offer a series of 1:1 coaching sessions to Head Teachers and school executives. I understand the pressures and challenges that the job brings and can help you to tackle these. Coaching can help break down challenges into smaller and more manageable tasks.

Often, due to the nature of the job, it can be lonely at the top and coaching can allow you time to just offload and decompress. I can act as a critical friend. Coaching can be a transformative and cathartic process where you can freely share your frustrations, challenges and burdens in a safe environment.

## SCHOOL LEADERS AND TEACHERS



Coaching can help school leaders and teachers to understand their current competencies and reflect on how they are perceived by others. It can help with clarifying and breaking down goals to more manageable steps. Coaching provides a tailored service that brings many benefits to leaders in school.

I have been a school leader and teacher for many years and can bring a high level of understanding, empathy and compassion for the challenges that are facing. A coaching session is led by you, which allows my questioning and guidance to be tailored by your thoughts and discussions. This allows me to be attuned to your unique needs in an authentic, non-judgemental and safe space.

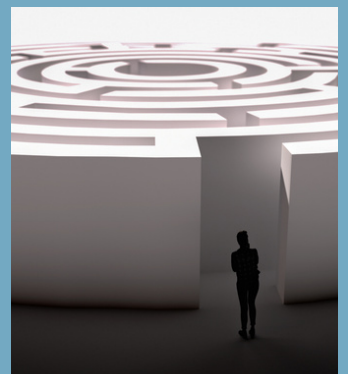
## EARLY AND MID CAREER TEACHERS



Teacher's come to the profession with such drive and passion; however, we are losing so many of them early into their careers. This is something that has to change. Professional coaching can help teachers find their path, offer a high level of support and empowerment. Self-awareness and self-reflection can be compelling and transformative. Through coaching, early careers teachers can realise their potential, hone in on their existing skillset and identify areas for development; with a clear path and way forward. Coaching helps teachers develop resilience, self-confidence, courage, positivity and self-compassion. Being heard and empowered will help make a difference to our amazing teachers, and will help keep them thriving in the classroom.

## COACHING SERVICES FOR YOUR SCHOOL

Contact me to find out how I can help your whole school or a group of teachers through coaching. By sponsoring me as a coach for your school, I can offer regular coaching sessions with your staff to help them develop and thrive throughout the year. Show your staff that they are highly valued by providing a professional coach; an invaluable resource to help with their professional development, self-awareness and to reach their full potential. Giving your staff the time to talk and space to think, with an authentic and non-judgemental coach, will help with their well-being and boost morale. There is so much intrinsic value that comes with having a coach and your school could benefit.



# WORKSHOPS, COSTS AND BOOKING SERVICES

## COACHING WORKSHOPS FOR YOUR SCHOOL

I can deliver virtual or in-person workshops to help your school develop a culture for coaching. Coaching from within can help an organisation to develop social skills, create cohesion, engender trust and help to build positive relationships. I can offer workshops at differing levels, from a 2 hour introduction to coaching, the GROW model and the importance of active listening. I can also offer more advanced workshops, where I can share different techniques and strategies. All workshops allow a safe space to learn, practise and develop coaching skills. Visit my website or email for more information and to discuss your needs.



## AGREEING ON COACHING NEEDS AND COSTS



When you book me as your coach, you get all my past experiences and expertise of working in education for over 25 years. A Professional Coach has been shaped by their life experiences, which helps them to ask the right questions, pick the right tools and engage with the coachee. Coaching sessions usually last approximately 60 minutes. Often, it can take 4-6 sessions to truly explore a wider issue or challenge being faced. However, sometimes a one off session can help to see you back on track. Arrange an **initial & free discovery session**, where you can ask questions, see if coaching is for you and if I am the right person.

As a professional coach, I can be contracted to work with an individual or several members of staff. Costs are calculated and based on your personal needs and school requirements. You can purchase coaching sessions in bulk, which leads to a reduction in costs. Sessions can then be routinely scheduled, or booked as you need them, through an online booking system. Discounts are available and can be discussed and arranged for schools with severe budget constraints. Primarily, my coaching services are offered virtually through Zoom; in person coaching will incur additional travel costs.

Contact me now to discuss your school's needs and arrange a free initial discovery session: [justin@justinleecoaching.co.uk](mailto:justin@justinleecoaching.co.uk).

## CONTACT ME AND FIND MORE INFORMATION

Scan the QR Codes below or visit the hyperlinks. Alternatively, email me: [justin@justinleecoaching.co.uk](mailto:justin@justinleecoaching.co.uk)



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