



PeopleFirst

When your staff thrive,  
you all thrive.



# SUPPORTING EDUCATORS TO THRIVE

Wellbeing and Leadership  
Programmes

Designed by educators - Delivered by educators - For educators

# 4 Pillars of Education Support

## Stress & Anxiety Management

Reduces presenteeism, ensuring all are fully present.

## Workload & Time Management

Reduces stress-related absenteeism.

## Work-Life Balance

Improves retention by preventing burnout.

## Supportive school culture

Boosts staff engagement and community.

Through workshops, training and coaching programmes

The wellbeing of educators is essential for inspiring and supporting students. Healthy, resilient staff lead to better educational outcomes and a stronger school community.





## OUR WORKSHOPS

**Stress Less,  
Teach Better**

### Strategies for Managing Everyday Pressures

**Objective** - Equip educators with practical tools to manage the daily pressures of teaching and reduce stress in the school environment.

**Building  
Resilience**

### Thriving in High-Pressure School Environments

**Objective** - Help educators build emotional resilience, allowing them to recover from challenges and thrive under pressure.

**Strength  
from  
Within**

### Self-Support Strategies for Managing Stress

**Objective** - Equip educators with practical, self-support strategies to manage stress independently and maintain resilience in challenging situations.



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## OUR WORKSHOPS

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### The Power of Saying No!

#### Boundaries and Workload Management

**Objective** - Equip educators with the skills to say no when necessary, protecting their mental health and maintaining a balanced workload.

### Time to Teach

#### Practical Time Management for Educators

**Objective** - Teach educators how to manage their time more effectively to reduce workload-related stress.

### Streamlining Success

#### Knowing When Good is Good Enough

**Objective** - Help educators manage perfectionism and focus on completing tasks efficiently rather than striving for perfection in every aspect.

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## OUR WORKSHOPS

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### Boundaries that Work

#### Safeguarding Your Time and Wellbeing

**Objective** - Teach educators how to set and maintain healthy boundaries between work and personal life, reducing burnout and improving wellbeing.

### From Surviving to Thriving

#### Self-Care Strategies for Busy Educators

**Objective** - Equip educators with practical self-care practices that fit into busy schedules, promoting long-term mental, emotional, and physical wellbeing.

### Balance Beyond the Bell

#### Creating Healthy Routines

**Objective** - Help educators create daily routines that promote balance between work demands and personal wellbeing, preventing burnout and supporting long-term success.



## OUR WORKSHOPS

**Positive  
Communication**

### **Creating a Collaborative Environment**

**Objective** - Help teachers and support staff develop open, constructive communication skills to enhance teamwork and foster a supportive school culture.

**How to  
Communicate  
Effectively**

### **Assertiveness Skills for Educators**

**Objective** - Empower staff to communicate their needs and expectations assertively, ensuring they are understood and respected.

**Resolving  
Conflicts  
Positively**

### **Problem-Solving for Teachers**

**Objective** - Equip teachers and support staff with the skills to resolve conflicts constructively, promoting harmony in the workplace.

Want to create a supportive school culture? Let's talk about how our programmes can help.

# Leadership Support and Development

**Coaching  
Programmes**

Unlocking  
Leadership  
Potential for  
Lasting Impact

**Leadership  
Workshops &  
Programmes**

Leading with  
Impact to Build  
Resilient School  
Cultures

Effective leadership is the foundation of a thriving school. Leaders who foster psychological safety empower staff to feel valued and supported, while balanced challenges drive them to reach their full potential, enhancing student outcomes.



**Facing unique leadership challenges?**  
Let us tailor a programme that fits your specific needs and empowers your leadership team to thrive. Get in touch today.



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## OUR COACHING PROGRAMMES

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### Unlocking Leadership Potential for Lasting Impact

We offer two coaching programmes to help school leaders thrive, both personally and professionally.

- **Wellbeing Leadership Coaching**

Our coaching helps school leaders manage stress, balance their workload, and maintain a healthy work-life balance. Leaders learn how to reduce burnout, improve time management, and create a supportive school culture.

- **Strategic Leadership Coaching**

We help leaders refine their vision and strategy while developing key leadership skills. This coaching focuses on improving decision-making, strategic planning, and inspiring teams for long-term success and school-wide improvement.





PeopleFirst

## OUR COACHING IMPACT

"My coaching sessions were transformative for me as an educational leader. From the first session, my coach helped me reflect deeply on my personal and professional goals, providing the clarity I needed. The strategies introduced allowed me to approach challenges from new perspectives, equipping me with the tools to tackle future obstacles creatively and confidently. Coaching significantly boosted my confidence, empowering me to pursue my goals with renewed vigor. I wholeheartedly recommend coaching to anyone looking to unlock their potential."

— Lois, Head of Performing Arts,  
Secondary School

"The coaching I received has been outstanding and invaluable. The thought-provoking questions challenged my perception of myself as a leader and pushed me to become the best version of myself. The support during difficult periods was incredibly helpful."

— Headteacher, Primary School

LEADERSHIP SUPPORT AND  
DEVELOPMENT

Want to experience this kind of transformation in your leadership team? Contact us today for tailored coaching solutions.



## OUR LEADERSHIP PROGRAMMES

### Empowering Leaders to Drive Change and Inspire Success

We offer two programmes that equip school leaders to excel in both personal wellbeing and leadership, fostering growth, resilience, and success across the school.

- **Leadership Wellbeing Programme**

This programme builds resilient leaders who prioritize their own wellbeing and their teams'. Leaders gain tools to manage stress, balance workloads, and create a supportive school culture.

- **Leadership Impact Programmes**

This programme develops leadership skills through workshops on strategic thinking, decision-making, and communication. Leaders learn how to inspire teams, resolve conflicts, and create a safe school environment, driving school-wide success.



# OUR LEADERSHIP WORKSHOPS

## 90 minute online workshops

### Preventing Burnout

Recognising and Supporting Staff in Crisis

### Wellbeing-Centred Leadership

Creating a Culture of Care

### Embedding Wellbeing into School Policies

A Strategic Approach to Wellbeing

### Leading with Emotional Awareness

Harnessing Empathy for Stronger Leadership

### Leading Through Change with Resilience

Navigating Challenges with Confidence

### Conflict Resolution - Wellbeing in Mind

Creating Harmony in Challenging Situations

### Leading with Vision

Strategic Influence and Motivation

### Self-Leadership

Wellbeing for School Leaders

### Leadership in Context

Adapting to Diverse Situations

### Empowerment through Collaboration

Coaching and Delegation

### Feedback that Matters

Performance Management and Communication

### Understanding Ourselves and Others

Enhancing Communication Styles

LEADERSHIP SUPPORT AND DEVELOPMENT



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## ALL WORKSHOPS INCLUDE:

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- Interactive and engaging workshops with:
  - Hands-on activities
  - Collaborative problem-solving sessions
  - Deliberate practice
  - Educational case studies
  - Practical strategies
  - Tailored action plans and next steps
- Delivered by facilitators with educational leadership experience.

### Our Programmes



Online

or

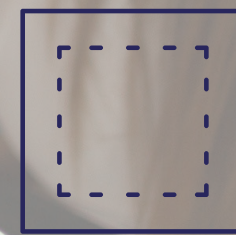


In-person



Off the  
shelf

or



Bespoke  
design



Expert  
Facilitator

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### Our Workshop Resource Pack

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Includes:

- The workshop slides
- A resource guide
- Recommended feature reading, resources and next steps





## Teacher Index 2023 Findings:

- 80% of education staff report being stressed.
- 57% have considered leaving due to mental health concerns.
- 50% experienced burnout in the past year.
- 75% say their workload has increased.
- 70% feel their school lacks sufficient mental health support.

**Are you or your colleagues facing these challenges?**



**Stress**



**Anxiety**



**Depression**



**Burnout**

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**KEY BENEFITS**

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**Improved Staff Wellbeing**

Reduces stress, anxiety, and burnout, creating healthier, more resilient staff.

**1****Better Student Outcomes**

Well-supported staff drive higher student performance and engagement.

**3****Stronger Leadership**

Equips leaders to foster positive, collaborative school environments.

**5****Greater Efficiency**

Streamlines workload management, prioritising high-impact tasks.

**7****2****Enhanced Staff Retention**

Boosts job satisfaction, reducing turnover and improving staff stability.


**4****Reduced Absenteeism**

Fewer sick days and presenteeism through better stress management.

**6****Enhanced Work-Life Balance**

Helps staff maintain balance, improving mental health and job satisfaction.

**Ready to see these benefits in your school?**  
Contact us today to learn how our programmes can transform your leadership, wellbeing, and school culture.



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## OUR FOUNDER

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People First, founded by Amanda Anderson, leverages over 20 years of educational experience, including a decade in senior leadership. As a deputy headteacher, Amanda specialised in supporting leadership development, staff wellbeing and attendance, particularly during the challenges of COVID. She regularly coaches school leaders, offering real-time insights into the pressures they face.

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## EXPERIENCE

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- PGCE - Secondary Education
- Secondary Deputy Headteacher
- NPQSL, NPQH, Exemplary Leadership Programme
- EMCC - Coach Practitioner, C-me Facilitator
- Best Practice Network - NPQSL - Leadership Performance Coach and Assessor (80+ School Leaders)

# CONTACT US

Empower your educators with comprehensive support to address current challenges and build resilience for the future.

Partner with People First to develop a comprehensive programme that enables your staff to thrive.

**Ready to prioritise  
staff wellbeing and boost  
student outcomes?**



0800 195 6494



[connect@People-First.uk](mailto:connect@People-First.uk)



[www.People-First.uk/education](http://www.People-First.uk/education)

**Contact us today for a tailored solution  
that empowers your team.**

