

SUITABLE FOR ECT'S, MIDDLE MANAGERS AND  
TEACHERS WITH 20+ YEARS IN THE JOB

*Keeping Your Teacher's*

# mojo



**PREVENT BURNOUT, PRESERVE YOUR  
MOJO AND FEEL EMPOWERED AND  
ENERGISED**

Join my Group Coaching Programme  
Exclusively for Teachers

Take advantage of the **Special Summer Term Offer**, £72 for the 6  
week course, making it £12 a session!

Either

**Dates & Times:** Tuesdays, 16.30 to 17.30, 14th, 21st May and 4th, 11th, 18th, 25th June 2024

Or

**Dates & Times:** Tuesdays, 19.00 to 20.00, 14th, 21st May and 4th, 11th, 18th, 25th June 2024

# AT A GLANCE

KEEPING YOUR TEACHER'S  
*mojo*

6 Week Group Coaching Programme

As a teacher you are a powerful, purposeful, influential member of society. Shaping and inspiring future generations. You really are extraordinary as you give and contribute in your own unique way.

So why is stress, overwhelm and exhaustion getting the better of you and depleting your energy? What can you do about it?

The Focus: *Your*  
*mojo*

MOTIVATION OPTIMISM JOY OWNERSHIP

'How would it feel, to go to work, knowing you're doing an awesome job and your needs are being met?'

REPLACE



WITH

**My intention:** Prevent burnout and preserve your mojo at all costs, in order to thrive

**My aim:** Support you, if feeling stuck in a rut, lethargic, exhausted or stressed with your workload and other demands

## The Learning from the Programme:

1. Be empowered to make the right choices for you
2. Turn a problem into an opportunity, not a catastrophe
3. Understand what drives you and set yourself up for success
4. Build strong work relationships based on trust and integrity

