

Coaching for Wellbeing

The coaching for wellbeing programme explores how coaching can be a powerful mechanism to help people take better care of their health and wellbeing. This programme is suitable for anyone in a leadership role who is keen to foster healthier lifestyles, look after the health and wellbeing of their colleagues and themselves and/or who are interested in getting into coaching.

Programme Details

Coaching is understood as a tool to help people promote their professional ambition, unravel professional challenges and is increasingly adopted as a day-to-day leadership process of providing support, to help employees identify opportunities and achieve individual development goals.

Those who succeed with a coaching style enable employees to gain awareness and reflection, generate their own answers, require less control and directing, and have a desire to help them develop and flourish (Porritt, 2021).

The position we take is that it is never too late to receive coaching or to foster the attitudes, attributes and behaviours associated with becoming a coach.

By that we mean...

- Curiosity
- Openness
- Agency
- Conscientiousness
- Healthy practices



Delivery and Format

This programme will use a blended approach of online facilitated group discussion and online self-study using the KAA Online Learning Platform.

The group facilitated sessions will be led by KAA Director and International School Principal Dr. David Porritt.

- **17th May 9.30am-12.30pm (facilitated group session)**
- **16th June 9.30am – 12.30pm (facilitated group session)**
- **Cost : £225 per person**
- **Book via ; www.bcpworkforcedevelopment.co.uk**

- Participants will also have access to self-study modules on the award winning KAA Online Learning Platform

KAA Facilitator Dr David Porritt

David has been a Headteacher and Principal for 24 years in the UK, Singapore, The Netherlands, Hungary and China. He holds an MBA in Educational Leadership (International) a Level 7 Certificate in Executive Coaching and Leadership Mentoring and has facilitated several cohorts of international teaching staff through the International Programme for Middle Leaders for the Council of British International Schools.

David has recently completed his Doctorate in Leadership and Coaching at UCL Institute of Education with the focus of the doctorate, understanding how leaders use coaching to impact their organisations.

About Karen Ardley Associates

KAA is a dynamic, creative leadership, training and development consultancy. We design and deliver professional [training and development programmes](#) for leaders and people involved with providing or supporting learning, worldwide.

Our excellent coaching skills programmes and coaching partnerships have immediate positive impacts on leadership and organisation culture.

Testimonials

‘This course has been really useful; it was practical and gave me a renewed perspective of my own well-being and goals for improvement’ February 2022

‘David’s approach to the session was fantastic, he was very engaging and full of knowledge’, February 2022

‘Positive experience and impacted my well-being and personal reflection.’ February 2022