

Take The Wheel Wellbeing

Coaching-Training-Consulting

I offer a range of services for school staff, parents and children, with **mental health and wellbeing** at the heart of all of them.

Bespoke packages can be put together to accommodate the needs and budgets of schools or clusters of schools.

See overleaf for more detail about the services.

Qualifications, Skills and Training:

- Primary School Teacher and Deputy Head Teacher for nearly twenty years
- Master's degree in the Psychology and Neuroscience of Mental Health
- Certified personal performance coach
- Advanced Diploma in Mental Health and Wellbeing Coaching
- Mental Health First Aid trained
- Parent Consultant of the Goulding Method
- Supporting Parenting of Anxious Childhood Emotions Program
- Safeguarding Level 1
- Enhanced DBS checked



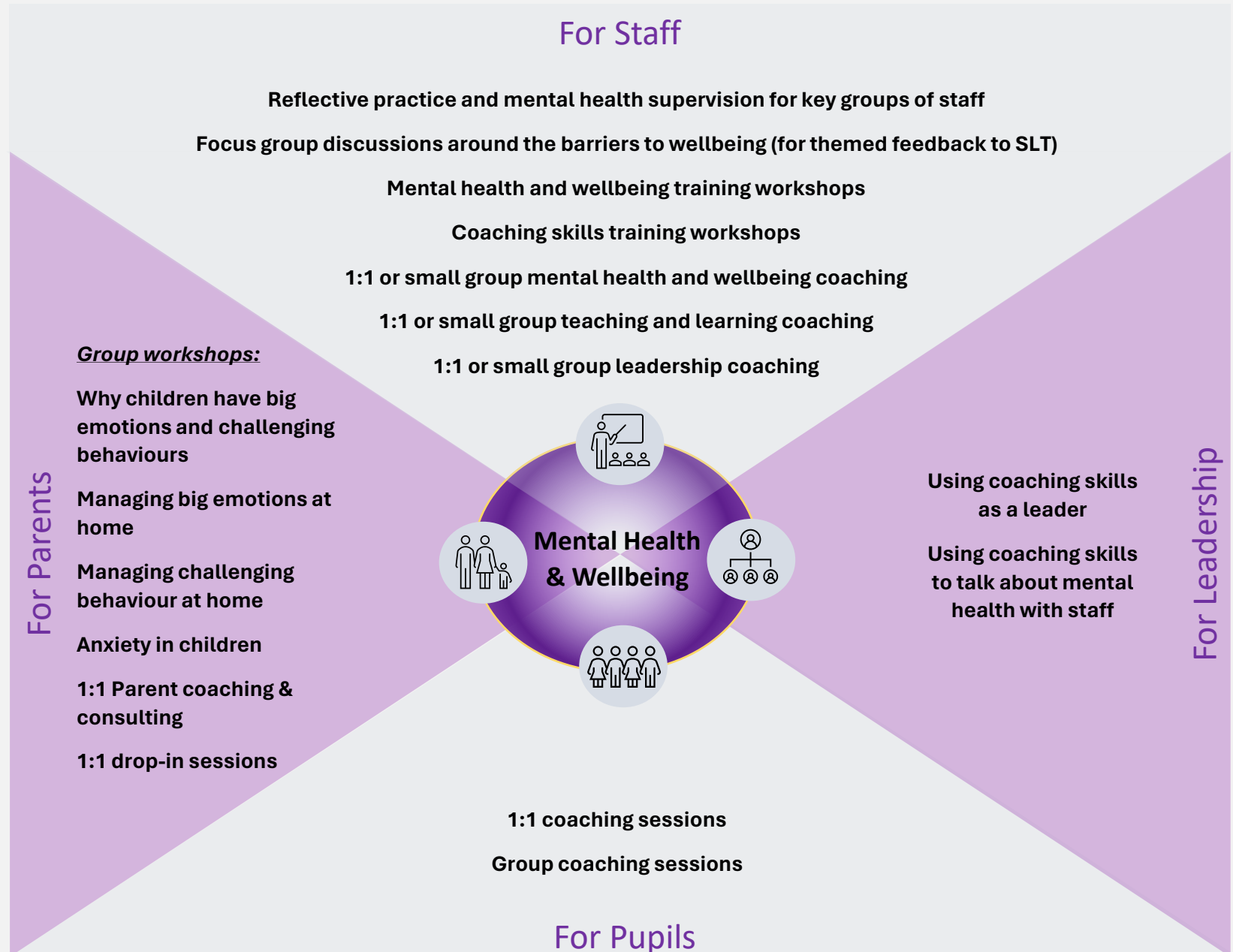
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SERVICES IN DETAIL



Mental health supervision

Ongoing reflective practice and mental health supervision for key groups of staff, to support them in dealing with the emotional and mental challenges that the role brings, e.g.:

- Mental Health Leads
- Safeguarding Leads
- HSLWs
- SENDCOs
- Headteachers
- ECTs
- Learning Support Assistants

Coaching for staff:

1:1 or small group mental health and wellbeing coaching: understanding individual triggers and early warning signs, creating bespoke toolkits to manage and improve mental wellbeing

1:1 or small group teaching and learning coaching: empowering staff to improve their workplace performance, making CPD genuine, meaningful, and individualised

1:1 or small group leadership coaching: enabling senior or middle leaders to develop their leadership skills, including having challenging conversations, overcoming confidence issues and imposter syndrome, identifying individual leadership approach and values

Training & consulting with leadership teams:

Using coaching skills as a leader as a route to enhanced staff wellbeing

Using coaching skills to talk about mental health with staff: Learn how to use coaching skills for having conversations about mental health – incorporate mental health first aid skills with coaching skills

Collaborative consultation to find ways to support better staff wellbeing: Following on from focus groups with groups of staff, feedback and strategising with Leadership teams to find ways forward.

For parents

Group workshops:

Why children have big emotions and challenging behaviours: how children's brains work and what threatens their sense of safety

Managing big emotions at home: emotion regulation for you and your child

Managing challenging behaviour at home: helping your child to be calmer and able to co-operate with you

Anxiety in children: supporting your child with anxious feelings and behaviours

1:1 drop-in sessions, coaching and consulting: confidential, supportive sessions for parents to develop ways to support their children's emotional health, as well as their own

For pupils

1:1 or small group coaching sessions: build and boost children's emotional wellbeing, enabling autonomy and increased self-awareness

Training workshops for staff:

Mental health and wellbeing training workshops:

- stress, anxiety, and burnout
- Developing and maintaining positive mental health and resilience

Coaching skills training workshops: using coaching approaches with children to build and boost their emotional wellbeing