



Positive Ewe Ltd

Educational Coaching and Training Specialist

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About Me - My Experience

Hello, my name is Hayley Lamb and I am an educational coach who coaches from the heart. I am Truly passionate about coaching and how it can enable desirable and sustainable change by giving people the time and space to think, unpacking and re-stacking life's boxes in a confidential and supportive environment.

As a coach I facilitate the performance, learning and development of my clients' to maximise their potential.

Positive change is promoted through the use of structured and focused interaction, appropriate strategies, tools and techniques.

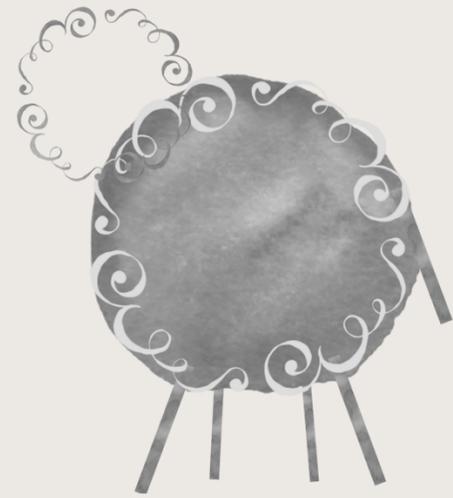
I have worked in 5 countries across the world, in my previous roles as Teacher and Head Teacher. I supported the whole school communities to grow and develop, coaching, teaching and training children, teens, young adults and adults along the way.

The happiness and development of the school communities was at the centre of everything that I did. As a Head Teacher I regularly coached staff, parents and children on an individual basis. Larger groups benefited from group coaching and training.



What is Coaching?

HUMAN MAGIC



- The ultimate goal of coaching is to help the client understand themselves better so they can find ways to make the most of their potential.
- Supporting the Client to find answers from within.
- Coaching is the art of facilitating another person's learning, development, well-being and performance.
- Coaching raises self-awareness and identifies choices.
- Through coaching people are able to find their own solutions, develop their own skills and change their own attitudes and behaviours.
- The whole aim of coaching is to close the gap between people's potential and their current state.

GROUP COACHING PROCESS



Initial conversations with educational leaders to establish coaching focus.



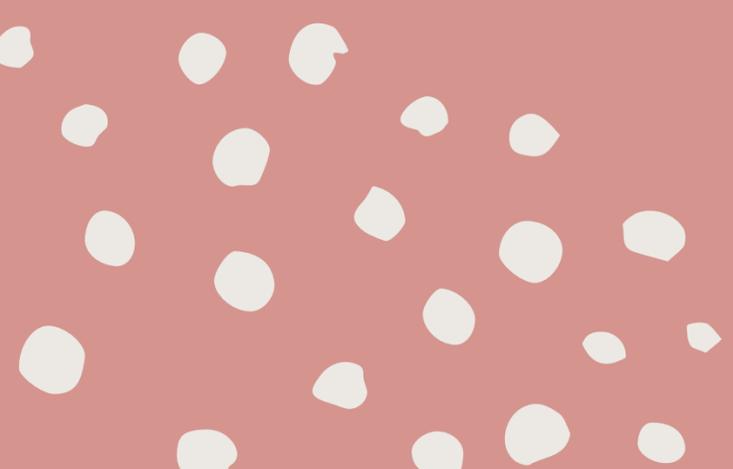
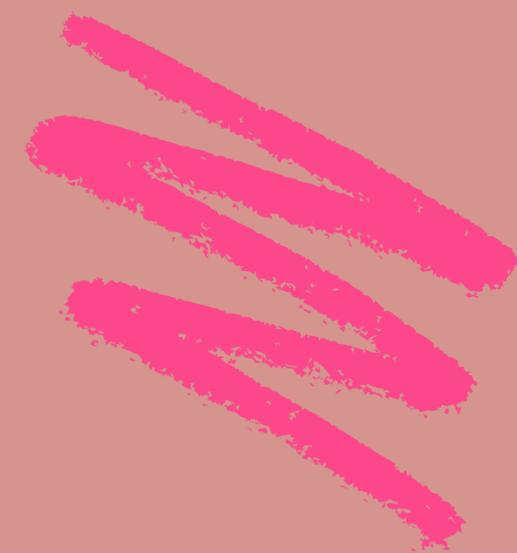
Preparation of bespoke, client focussed coaching and training materials.



Face to Face Facilitation of Group Coaching Sessions.

Benefits of Group Coaching

- Sharing of Experiences and Goals.
- Mutual support, encouragement and accountability.
- Exposure to coaching and being coached.
- Exposure to coaching models and techniques.
- Knowledge Sharing.
- For individuals who share a common interest or area of challenge.
- Students have individual goals and are individually accountable for these.
- Encourage coaching of one another to create supportive peer to peer relationships.
- Cost Effective



What a 90 minute session looks like



Beginning

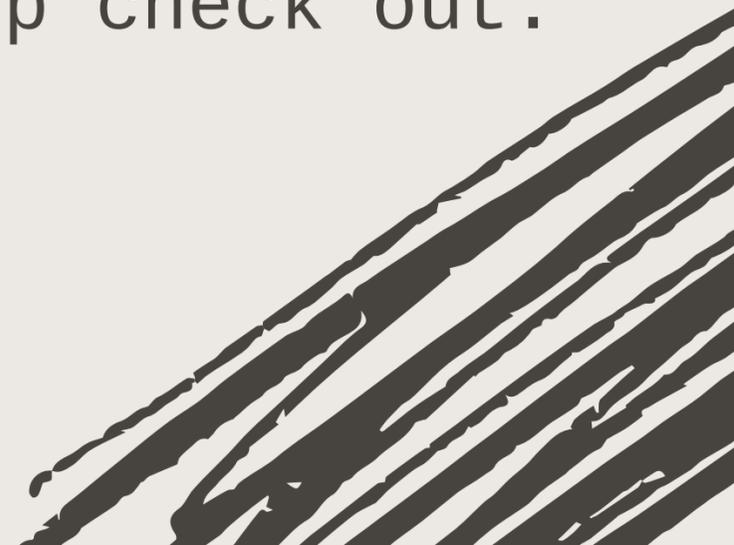
Introductions, ways of working, establishing goals and group contracting.

Main Session

Check in and updates from the group.
Coaching model input along with coaching techniques.
Coaching in pairs.

End

Shared Learning, commitments, and firm goal setting.
Group check out.



Speciality Group Coaching Areas.



The Bespoke 6 week Block contains a combination of these areas - established in the initial planning meeting.

Self-Esteem

Confidence

Motivation

Enjoying the Now

Negative Self Talk

Limiting Beliefs

Perfectionism

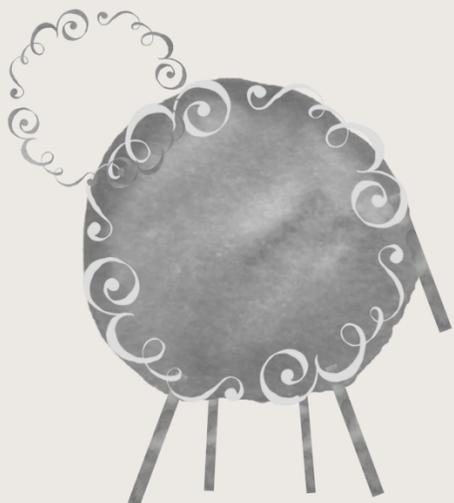
Work-Life Balance

Resilience

Positivity

Aligning Values





What will you get?

Increased Motivation

Increase in Attainment

Increased Attendance

Increase in Participation in lessons

Increase in Positivity

Increase in Enjoyment



EXAMPLE OF EDUCATIONAL CLIENTS I HAVE COACHED

Head Teacher

Challenged daily with Social Anxiety and Perfectionism. Due to this she did not delegate to her team resulting in her breaking down.

University Student

Low Confidence and low self-esteem was impacting upon her day to day life and she was becoming very reclusive.

Primary Teacher

Struggling with work-life balance and her limiting beliefs. She regularly stayed at work until late to prove she was a 'good teacher'.

High School Student

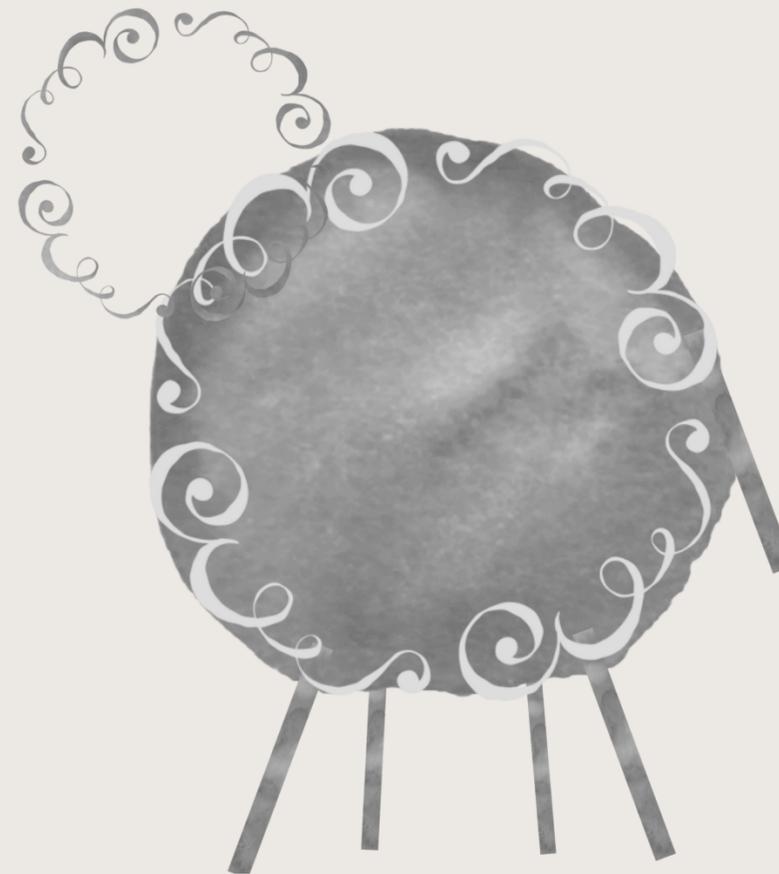
Low self-esteem, unhelpful negative beliefs and negative self talk were stopping him from participating in lessons.

77%

of coachees reported improved relationships with their peers and families.

80%

of coachees reported improved self-confidence.



72%

of coachees reported improved communication skills.

70%

of coachees reported improved work performance.



100%

satisfied clients to date

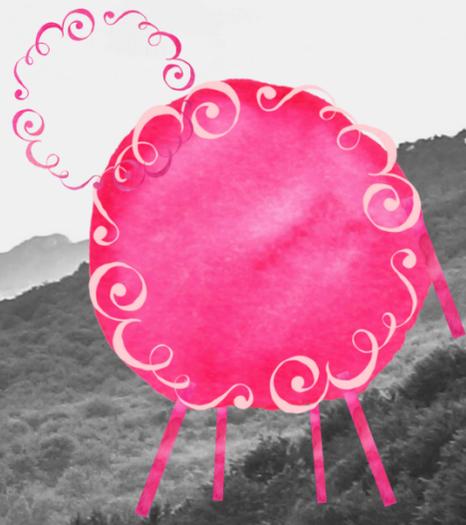
CLIENT TESTIMONIALS

I have been truly amazed by the impact that Hayley's coaching sessions have had on my outlook for both my career and my personal life. My self believe has been boosted and this has allowed me to be more decisive and confident in my own decisions and actions. I would fully recommend Hayley!

The Group Coaching session with Hayley helped me to think about things that I may have been putting off or trying to ignore. It was really helpful and helped to think about things in a more helpful and beneficial way.

Hayley has quite genuinely changed the way that I was thinking about an area of my life. Her creativity, her listening and her positivity have meant that from the end of our coaching session to right this moment (and beyond!), I feel much more content and courageous. Thank you, Hayley!

Hayley is very engaging as a trainer. She is client orientated and goes the extra mile to ensure that she delivers what is needed. Hayley is able to relate to her trainees and establishes a rapport which impact positively upon the outcomes for her trainees.



I look forward to
joining you on your
journey to change.