and fulfillment.

**Upcoming Courses** 

INTERNATIONAL

We are delighted to partner with ACEL to bring the Coaching in Leadership course to educators across Australia in 2024.

**Coaching in Leadership** is a practical evidence-based course providing in-depth

way of leading in schools and other

that lead to better relationships and,

registration pages!

ultimately, better outcomes for students.

Be sure to **click on the dates** to visit the

The Introduction to Leadership Coaching

course provides an exceptional entry level to coaching in education. It's the course for leaders and teams wanting to amplify and

cascade a positive, strengths-based, student-

centred learning culture at every level in their school or educational organisation. Not through just one conversation at a time, but

Be sure to **click on the dates** to visit the

This course develops skills and confidence to effectively lead the different types of difficult conversations such as managing underperformance, giving sensitive feedback and

It is particularly suitable for those in leadership and managerial roles seeking to develop skills

to effectively manage challenging workplace

change management.

conversations.

learning and experience of the application of coaching approaches as a highly effective

education settings. Coaching in Leadership is fundamentally about how to best support and

grow the capacity, motivation and wellbeing of

others through more intentional conversations



## By Dan Steele As a teacher and school leader, I loved seeing the profound influence we can have on the lives and futures of our students. Every single day there was rapid, timely, and very clear feedback on the work that was happening and the impact being made on those within

our community. However, the complex demands of teaching and school leadership can often take a toll on our own wellbeing. As a school leader and teacher, I was always mindful of prioritising my mental and emotional health so that I could continue to provide the best education

and support for our students. Did I actually do it consistently? If you ask my wife (a fellow teacher and leader), not as much as I'd like! Like all of us, I'm a work in progress. But not all was lost. At times my good intentions may have fallen by the wayside, but as I moved through my career I became better and

better at prioritising this. Instead of limping to the final day of term (heavy from the roles and responsibilities of my work, but also taking

on too many aspects of others) and then crashing for a week straight, I started to make changes over time. I began to notice that a clear enabler of both my wellbeing and staying on track was **coaching and mentoring**. The weeks where I felt lighter, more motivated, and present on the weekend with my family always included informal or formal conversations with someone

who was mentoring or coaching me. (I actually set up a simple tracker where I rated how energised, motivated, and present I felt on a Friday and Sunday, which was when I discovered the clear pattern from these enabling conversations).

those conducted by Prof. Christian van Nieuwerburgh, have found that coaching can help teachers identify the sources of stress in their lives and develop effective strategies to manage them (van Nieuwerburgh, 2012; 2017). By working with a skilled coach, teachers can gain valuable insights and perspectives that lead to **greater self-awareness and self-care** practices. This, in turn, promotes a healthier work-life balance and reduces burnout.

Research has consistently demonstrated the positive relationship between coaching and teacher wellbeing. Studies, including

Furthermore, coaching empowers teachers to set meaningful goals for **personal and professional growth**. Through the work of van Nieuwerburgh and others, we know coaching can support teachers in articulating their aspirations and mapping out a clear plan to achieve them. This **goal-oriented approach** generates a sense of purpose and motivation, fuelling our sense of **accomplishment** 

In my own experience, I witnessed firsthand the transformative impact of coaching on teacher wellbeing. I recall a dedicated teacher who was feeling overwhelmed and struggling to manage the demands of her classroom. Through formal coaching sessions and informal check-ins, she gained clarity on her strengths and areas for growth, allowing her to develop effective strategies for time-management and stress reduction. Importantly, she could also map out and see the connection between this and its impact on her home life. The ongoing support she received not only improved her wellbeing and enjoyment of

life beyond the classroom and staffroom but also enhanced her instructional practices to engage her students, leading to fewer disruptions for her students. Reflecting on the current needs of teachers and school leaders, providing support and structures for wellbeing is more critical

than ever as educators face a unique set of challenges that require incredible resilience and adaptability.

van Nieuwerburgh, C. (2017). An Introduction to Coaching Skills: A practical guide. Sage

If we know helping our teachers and leaders better support, manage, and develop themselves impacts their wellbeing, and coaching is a powerful support that can assist, how could we embed it within what we already have or do in our days or weeks? Is there something we could do less of, or even remove, that might provide an opportunity for these conversations to occur? On those Friday nights or Sunday afternoons, how would you want to be feeling?

References: van Nieuwerburgh, C. (2012). Coaching in Education: Getting better results for students, educators, and parents. Karnac Books.

Don't miss the chance to spend a day with Prof. Christian van Nieuwerburgh in Melbourne and Sydney this August – being

there will be a guaranteed wellbeing-enhancer in itself! Details later in this edition of CoachED Update.

**ACEL Victorian Fellowship Award!** 

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Congratulations to our Executive Director,

Chris Munro, on being awarded an

## The Australian Council for Educational Leaders CTORIA ANNUAL BRANCH



Chris's notable areas of expertise include instructional coaching and leadership coaching. He played a pivotal role in the development and delivery of Instructional Coaching programs in Australia and New Zealand, showcasing an innovative approach to leading improvement and fostering innovation in education.

Chris is also an accredited Senior Practitioner with the European Mentoring and Coaching Council (EMCC), actively engaging in coaching education leaders, particularly in Victoria. His commitment

conversational capacity of education communities around the world. This is exemplified through his leadership of the design and delivery of coaching and mentoring training and services that respect

In his role at GCI, Chris has taken on the global responsibility of overseeing operations and spearheading the development of teacher professional learning strategies and coaching models in Australia. His impact is far-reaching, as he has contributed significantly to enhancing the

and empower educators.

deserving candidate for this prestigious recognition.

to personal and professional development extends beyond himself, as he actively contributes to the educational community through writing and speaking engagements. His insights into coaching and mentoring in education are invaluable, shaping the discourse in the field. A continuous learner, Chris has a Masters degree in educational and social research from the University of Aberdeen. As a participant in ACEL functions, presenter at ACEL events, and a contributor to the journal, Chris Munro embodies the qualities and criteria set forth for the ACEL VIC Fellowship. His leadership,

dedication to coaching, and significant contributions to the educational community make him a highly

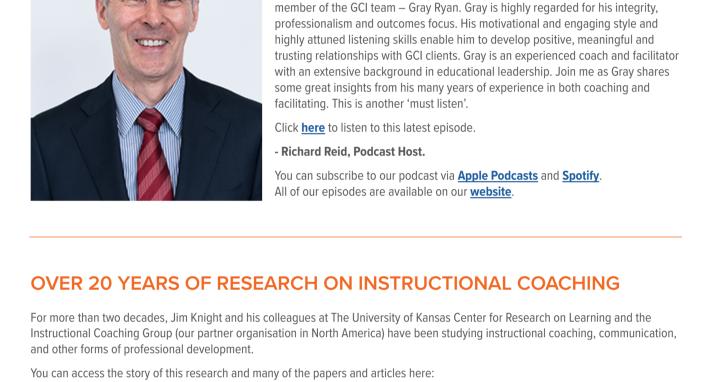
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CoachED UPDATE - APRIL 2024

CoachED UPDATE - APRIL 2024



I'm delighted to share with you the second episode in our podcast mini-series called 'Stories from the Coaches'. In our first episode we turned the spotlight on our very own Dan Steele who shared some fascinating insights into coach training from the other side of the slide deck. In this second episode I'm joined by another



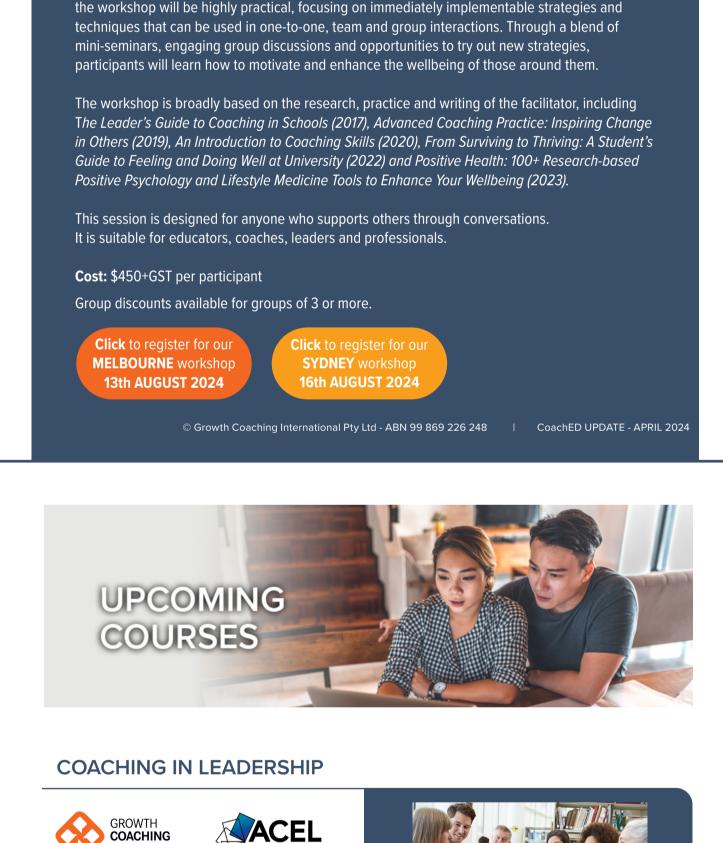
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https://www.instructionalcoaching.com/resources/research

GROWTH COACHING INTERNATIONAL

Prof. Christian van Nieuwerburgh's full-day interactive workshop will provide you with the skills and knowledge to engage, motivate and support the people around you. Drawing from research, theories and practice from the fields of coaching psychology and positive psychology,

Inspiring Educators: Facilitating Success and Wellbeing in Others With Prof. Christian van Nieuwerburgh



Visit the above video to view our **Coaching in Leadership** - Course Overview

**UPCOMING COHORTS:** 

Brisbane - 2nd May 2024

Perth - 16th May 2024

Hobart - 29th May 2024

**Sydney** - 29th May 2024

Melbourne - 29th May 2024

2 x 2 Day Cohorts - commencement dates below

course has been life-changing in terms

Lisa Wilson, ACT Education Directorate

Hobart - 15th & 16th May 2024 **Sydney** - 22nd & 23rd May 2024

**UPCOMING COHORTS:** 

Melbourne - 22nd May 2024

Brisbane - 13th June 2024

**Perth** - 31st May 2024

all emerging leaders."

### many conversations at a time. Conversations **UPCOMING COHORTS:** that inspire joy, teamwork, purpose and self-belief. Geelong - 30th April & 1st May 2024 **Online** - 3rd & 10th May 2024

INTRODUCTION TO LEADERSHIP COACHING

# registration pages! A COACHING APPROACH TO MANAGING CHALLENGING CONVERSATIONS

Be sure to **click on the dates** to visit the registration pages! COACHING ACCREDITATION PROGRAM

Our flagship coach training course with Prof. Christian van Nieuwerburgh, delivered fully ONLINE over 6 months with a GLOBAL cohort and a pathway to individual European Mentoring and Coaching Council (EMCC) credentials.

Click here to secure your place now

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FIND ALL OTHER OPEN-ENROLMENT COURSES ON OFFER BY CLICKING HERE

you could do as an instructional coach, mentor or leader. Again, secure your place quickly for the opportunity to learn with a renowned world leader in Instructional Coaching.

CoachED UPDATE - APRIL 2024

FOR MORE INFORMATION AND TO REGISTER CLICK HERE

9TH AUGUST 8:30AM - 3:30PM (NZDT), ROYAL NEW ZEALAND YACHT SQUADRON, WESTHAVEN MARINA, AUCKLAND Growth Coaching New Zealand, in partnership with The Education Group Ltd will be hosting Coaching Symposium: Coaching For Impact Sustaining Coaching Through Learning Conversations, featuring keynote speakers: Professor Christian van

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### opportunity to spend a day learning with Christian on one of his passions – facilitating the success and wellbeing of others. Drawing from research, theories and practice from the fields of coaching psychology and positive psychology, the workshop will be highly practical, focusing on immediately implementable strategies and techniques that can be used in one-to-one,

Melbourne Workshop: Tuesday 13th August 2024 Sydney Workshop: Friday 16th August 2024

WITH PROF. CHRISTIAN VAN NIEUWERBURGH

Our Global Director, internationally recognised academic, practitioner, and best-selling author, Professor Christian van Nieuwerburgh will be back in Australia for the first time in more than four years! Don't miss this unique

23-27 September, Melbourne

COACHING SYMPOSIUM: COACHING FOR IMPACT SUSTAINING COACHING THROUGH LEARNING CONVERSATIONS - NEW ZEALAND

team and group interactions. **REGISTER FOR MELBOURNE WORKSHOP REGISTER FOR SYDNEY WORKSHOP** 

THE INSTRUCTIONAL COACHING INSTITUTE 2024 WITH DR JIM KNIGHT Following the huge success of the Australian Instructional Coaching Institute in 2023, Dr Jim Knight is coming back by popular demand! The Institute is a focused and intensive professional development opportunity based on 20+ years of research. It provides a big-picture view of instructional coaching covering the key topics presented in Jim Knight's best-selling books and research. This 5-day intensive event is the best professional development

Nieuwerburgh, Chris Munro and Pip Carter. FOR MORE INFORMATION AND BOOKING DETAILS CLICK <u>HERE</u>