

# THERAPEUTIC COACHING FOR COLLEAGUES EXPERIENCING CHALLENGING TIMES



**Hope Wisdom Freedom**



## How we can help you

We all face pressure at work and in our personal lives and sometimes this can become overwhelming.

We offer specialised support for team members who are experiencing challenging times.

Our sessions are provided by qualified professionals who have experience in education, fostering or healthcare and who are aware of the specific challenges associated with these roles.

**Since 2015 we have worked with schools, Trusts, Local Authorities and the NHS to enable staff to improve resilience, decision making and performance.**





## Did you know?

We help school staff who are feeling overwhelmed or signed off sick. We also support foster carers who have placements at risk of breaking down.

We provide therapeutic coaching sessions enabling clients to make sense of their unpleasant emotions, resulting in personalised, values based action plans which enable them to move forward.

## Personalised, effective support

Our sessions do not provide legal or employment advice—we leave those matters to trade unions and occupational health experts. Instead, we focus on the core values that underpin your unpleasant emotions in stressful situation, helping you navigate personal and workplace challenges, adjust your coping styles, and make sustainable, long-term plans to return to work.

We provide a supportive, non-judgmental space to focus on:

- **Emotional Drivers:** We explore your personal values and core emotions that shape how you feel.
- **Stress Awareness:** We work holistically and help you identify the root causes of your pressure both at home and in the workplace.
- **Behavioural Styles:** We assess your natural approach to handling conflict and how your specific reactions affect your ability to manage stress effectively.
- **Empowering Solutions:** We empower you to explore creative, fulfilling options that help you get back to work and best serve you and your family in the long run

Since working with you I have been able to regulate myself quicker when I experience turbulence with my emotions. This has led to greater stability and calmness in my own life, both at home with my family and at work.

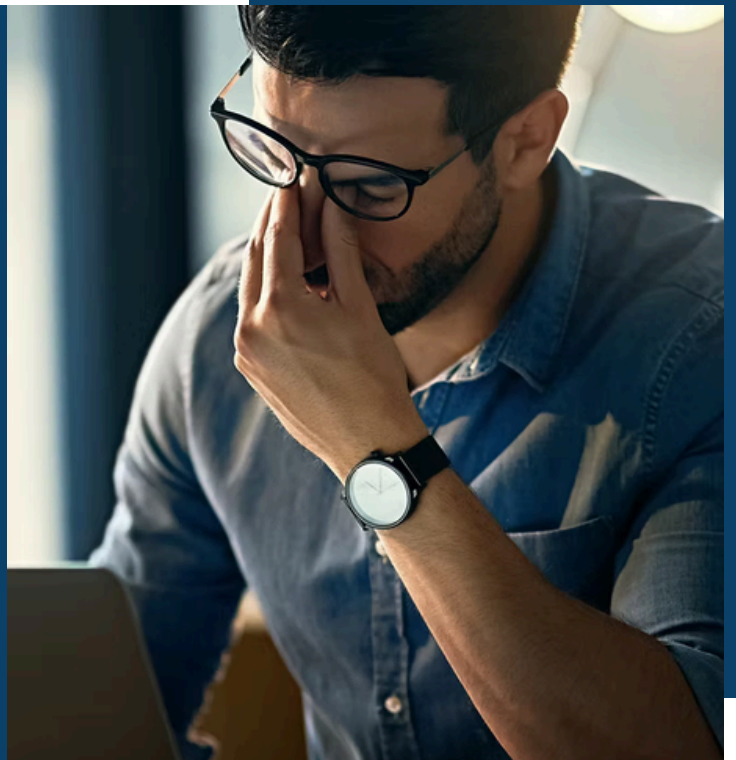
Teacher

# Did you know?

If a teacher is signed off sick, the cost of four weeks of supply cover in the UK can cost between £3000 and £5000 depending on the location.

Six months of cover will cost between £25,000 and £35,000.

Early use of our support could save your school a significant amount of money



**We offer specialised support for professionals from all walks of life, with extensive expertise in helping school staff, foster carers, and social workers**

## Our Process & Pricing

- **Package:** Clients begin with an initial 6-session program.
- **Cost:** Ranges from £400 to £500 (depending on location).
- **Included Extras:** The price fully covers all necessary resources and gives you access to our accredited online learning materials.

## The Value for Schools

- **Cost-Effective:** Schools typically view this as outstanding value—the cost of the package is equivalent to just 2 or 3 days of supply cover.
- **Quicker Returns to Work:** If our sessions help a staff member return to their duties even a few weeks or months early, your organisation achieves significant financial savings.
- **Benefits for children:** Children gain from greater teaching consistency, which minimises disruptions to their education and overall academic progress.

I've become much better at saying no when I need to and not taking on too much. I've grown in confidence and am happier for it.

Teacher



## Did you know?

In 2024 Emotional Logic was used to reduce stress with NHS staff

321 members of staff took part

95% of people who completed both the pre and post questionnaire improved.

21% of people registered a major improvement in wellbeing and a significant reduction in the risk of workplace stress related absence.

[Click here to read the research](#)

## We are trusted by



Learning Emotional Logic when I was struggling has helped me to explore what is most important to me. I understand more about what I can change/influence and what I need to let go of because it is very unlikely to change. Going through this process helped me make the decision to change jobs which has made me and my family feel so much happier.

Headteacher

# Feedback from some we have helped

I now know that advocating for myself in a respectful way can help me avoid carrying any pent-up frustrations, as well as resolving issues quickly and effectively. My demeanour at work has changed and I have had positive feedback from work colleagues saying I am more assertive and have clear, firm boundaries now.

## Teacher

The way that I bargain has changed. My approach was often to be passive, to go into my shell and hope things might change. But this hasn't always been helpful. Through learning about Emotional Logic I've genuinely tried to reflect on this and I can actually see myself becoming more assertive as a result. That feels like a big shift for me!

## Psychologist

I feel that I am now more able to deal with different things that are thrown at me each day and I find it works really well on my son who really struggles some days. What I have learnt really helps him see things clearer. If he is happier, then so am I.

## Teacher

Since making the decision to change my job, my family say it is like having the 'old me' back. We are all much happier at home and my new role means I have more time to spend with my family.

## Headteacher



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If you would like to book support or if you have any questions, please contact us on [info@excitingeducation.co.uk](mailto:info@excitingeducation.co.uk)

[www.excitingeducation.co.uk](http://www.excitingeducation.co.uk)

Prices valid from Sept 2026 - August 2027