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Coaching in Schools



The Monthly Coach - April 2023

“The time you enjoy wasting is not wasted time.” – Bertrand Russell

And so we arrive at the Easter break. Two weeks to decompress. Perhaps you have plans for family get-togethers and religious celebrations. Days are warmer and longer and ripe for the taking.

And of course we know the science of why it is good for us to enjoy this time: it gives our bodies a break from the stress hormones which raise heart rate and blood pressure, leading to physical and mental fatigue. By comparison, a release of feel-good chemicals repairs our cells and promotes positive feelings of happiness and wellbeing.



Yet, we're not always good at adjusting to this 'holiday life'. Whilst the day-to-day routine of 'school life' stops, the meaningful work behind it does not. There are still exams approaching, staffing and child concerns, impending inspections and a plethora of other issues which do not simply disappear because the school building is closed.

Schools are so much more than the building. Schools are organic communities: alive and breathing. Being part of that body often brings a tangle of attachments and sense of responsibility which may not be fully understood by those in different sectors.

If this resonates, I offer this article as an invitation to prioritise yourself: not to be selfish, but to be self-caring.

“Self-care is not self-indulgent, it is self-preservation” – Audre Lorde

If finding what works for you is a challenge in itself, The Healthy Mind Platter may give you food for thought. This model identifies 7 essential 'nutrients' to maximise mental health:



Link: [Healthy Mind Platter - Dr. Dan Siegel](#)

Here are a few questions which may support your thinking about this:

- Which of these 'nutrients' might you need more of to feel at your best?
- How important do you believe it is for you to get a complete release this Easter?
- During the break, what will you give yourself permission to do, to be, to feel?

We frequently see those we coach finding ways to embed these 7 essential nutrients into regular 'school life' as well. Recent examples include: returning to a weekly pilates class, finishing earlier one day a week to have dinner with family, journaling before bed, getting up 20 minutes earlier to exercise, and so on.

“Life isn't about finding yourself. Life is about creating yourself.” – George Bernard Shaw

Feed yourself a healthy balance this Easter, to provide the nourishment and sustenance needed to protect your valuable energy and precious health. Take care of yourself, giving your mind, body and spirit what they need while you have the opportunity.

Warmest wishes

Catherine Hulme
Director
Leadership Edge

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If you have enjoyed this think-piece, you can find our back-catalogue [here](#)

We invite you to take our **free 3 minute self-reflection quiz all about you** and what's stopping you from being the best you can be! Results direct to your inbox:
<https://assess.coach/leadershipedge>

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