



The Heart Health Wellbeing Programme for Headteachers

with Maria Brosnan and Dr. Carla Stanton

Thank you for your interest in the Heart Health Wellbeing Programme. We hope you find all the information you need here, but if you have any questions or would like to discuss anything in more detail please do not hesitate to get in touch using the details below.

Current Challenge

The unprecedented demands of the last 2 years have greatly increased Headteachers' and school staffs' stress levels, and evidence shows that "gritting through" challenge and not addressing the impact it is having, ultimately impedes performance, wastes time and resources, and can dangerously impact health. While headteachers and leaders may know that stress negatively impacts their health, many don't have the evidence-based tools to address this effectively.

What the Evidence Shows

- ✓ 84% of Headteachers are experiencing chronic stress. (Teacher Wellbeing Index, 2021.)
- ✓ Psychological stress is now a well-established independent risk factor for coronary heart disease (Wirtz, 2017).
- ✓ Coronary heart disease is the number one cause of death globally.
- ✓ Research using biofeedback technology shows that by learning scientifically validated self-regulation techniques, the harmful effects of stress can be measurably reduced.

The positive impact of our approaches are well researched, several of which are outlined below:

- ✓ Increased calmness and wellbeing (Friedman, 2000)
- ✓ Reduced blood pressure in hypertension (McCraty, 2001)
- ✓ Increased emotional stability and cognitive performance (McCraty, 2001)
- ✓ Increased functional capacity in patients with heart disease (Luskin, 2002)
- ✓ Reduced stress and anxiety in college students (Ratanasiripong, 2012)
- ✓ Increased employee life satisfaction, blood sugar levels, and markers of cardiovascular inflammation (Lord, 2019)

Our Solution

We have designed a short programme of four 60-75 minute sessions incorporating three core components: coaching, the use of biofeedback technology and education/training. Sessions can be for individuals or small groups of between 3 and 8 participants.

By the end of the four sessions, participants will be able to:

- ✓ Measurably improve their Heart Rate Variability; a key marker of heart health.
- ✓ Reduce anxiety, panic, stress or feelings of overwhelm the moment they occur.
- ✓ Reduce the impact of stress before, during, and after a difficult conversation or challenging situation.
- ✓ Improve their ability to problem-solve and communicate effectively in the face of challenge or crisis.
- ✓ Improve the quality of their sleep, and more, through the application of scientifically validated self-regulation techniques, supported by biofeedback technology

Biofeedback Technology

Biofeedback is a process by which, through electronic monitoring, you can learn to voluntarily control certain bodily functions, such as your heart rate to reduce the impact of stress.

The use of biofeedback gives you real-time insight into your emotional, mental and physical state. This increases your self-awareness and helps you to develop the ability to self-regulate emotions, thoughts and behaviours.

Through the application of the techniques taught on this course, participants can use the technology to guide themselves back to a state of physiological order, calm, and wellbeing, and objectively measure their ability to do this.



Biofeedback has been shown to improve outcomes when undertaking wellbeing interventions. (Lemaire, 2011)

Investment

Individual Coaching - 4 x 60-minute 1:1 sessions & course material	£1338 per person
Small Group Coaching (3-8 participants) - 4 x 90-minute group sessions & course materials	£838 per person

*Both prices include the inner balance sensor and app

What do I do next?

To book a place on the Heart Health Programme or to discuss further, please contact me on the details below.

Get in Touch

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About Us



Maria Brosnan is an Educational Leadership, Health and Wellbeing specialist and the founder of Pursuit Wellbeing. She has been involved in wellbeing for over 30 years as a counsellor, coach and trainer. She co-founded *Striver* a whole school Sport, PE and Wellbeing programme for Primary schools. Maria has worked with schools for over 15 years.

Dr. Carla Stanton is a GP and certified functional medicine doctor with over 15 years of clinical experience. Dr. Stanton practices medicine in the UK, delivers performance and wellbeing programs to doctors and frontline professionals, and facilitates internationally with biofeedback research. She is the Medical Director of HeartMath UK, the company that created the biofeedback technology. Dr. Stanton is an advisor and researcher in this programme.

Feedback from Headteachers in our research was overwhelmingly positive:

*"I am so pleased to have been a part of the pilot and the difference it has made to my **mindset and work/life balance.**"*

*"At the end of last term **I was going to leave as the stress had overwhelmed me**, however I am still here and am managing so much better."*

*"I can honestly say it helps. **My heart rate on average was 110/120. It's down to 88 now.**"*

*"It has given me strategies to **deal with day-to-day stress** and be able to manage it appropriately."*

*"The Heart Health Programme really does make a tangible difference to how **I am able to deal with the many challenges I face on a daily basis.**"*

*"I didn't think I could find the time for something like this, but can honestly say it's the **best thing I have done for myself.**"*