



The Heart Health Wellbeing Programme for Headteachers

with Maria Brosnan and Dr. Carla Stanton

"It's one of the best things I've ever done. It's completely changed me as a professional."

James Newman

Headteacher

EPSOM AND EWELL HIGH SCHOOL

"I'm not going to lie, I was reluctant to be signed up for this programme. For context, I'm a Primary Headteacher with reason to be concerned about heart health and I wasn't keen to know the worst about my heart."

That, however, is not what the programme has been all about.

I have come away with a greater understanding of the impact of my heart health and my emotional state; a greater capacity to redress the balance when things are stressful and a new found willingness to share with my colleagues. It's been enlightening – and I find myself to be largely 'coherent'."

Dominic Mulholland

Headteacher

MILDMAY JUNIOR SCHOOL

"It has been a great experience to be part of the Heart Health programme. I have learned so much about the impact of stress on the heart and how I can reduce this through regular practices and being aware of my triggers and responses."

Jodie Evans

Headteacher

HIGH ONGAR PRIMARY SCHOOL

"I found the sessions to be highly effective and uncovering the science behind emotional responses really helped deal with stressful situations. This is not what you would expect from a well-being session, and I would highly recommend them."

I am continuing to apply what I have learnt on a daily basis."

Debbie Attridge

Headteacher

ONGAR PRIMARY SCHOOL

Thank you for your interest in the Heart Health for Headteachers Programme. We hope that 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.

Current Challenge

The unprecedented demands of the last few years have greatly increased Headteachers' and school staff's 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 stressed
- ✓ Psychological stress is now a well-established health risk factor and is an 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 detrimental impacts of stress can be avoided

The positive impact of our approaches are well established, 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

A programme of four 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 it occurs
- ✓ 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 monitoring, you can learn to voluntarily control certain bodily functions, such as your heart rate.

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.

The overall effect is a headteacher with a calmer, more well-regulated nervous system and a much healthier heart.



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

“Encouraged me to think about stress and my heart everyday.”

“It was easy to use and easy to transport.”

“Enjoyed seeing my coherence and tracking self improvement.”

What The Course Will Look Like

Session	Content
1	<ul style="list-style-type: none">- We define terms like wellbeing and stress and identify your personal triggers and stressors- Learn how to quickly and effectively reduce stress, anxiety & overwhelm- Understand the cycles of stress within the academic year and what you can do to limit their impact- Learn how to use the biofeedback technology
2	<ul style="list-style-type: none">- Explore the critical role of the heart in response to stress, and how the heart is strongly affected by stress- Learn about self regulation of your Autonomic Nervous System allowing you to quickly regulate out of stress back to balance and homeostasis
3	<ul style="list-style-type: none">- Build on your understanding of the Autonomic Nervous System and how this affects everything from your relationships to your sleep- Learn to identify your personal 'optimal zone' and how to achieve it
4	<ul style="list-style-type: none">- Learn to apply strategies to build and sustain an optimal physiological state- Unlock the secret of your peak performance- Understand how to improve mental clarity and communicate more effectively in the face of a challenge- Create a clear strategy of support practices going forward

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 valued at £188.

What should 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.



Michael Carr is a former Headteacher with over 20 years of experience as a leader in education, including seven years as a head. Now a coach and trainer, Michael is the newest member of the team. Based in York, Michael is available to deliver the Heart Health training for Heads, SLT or staff.

Feedback from participating Headteachers has been overwhelmingly positive

*"I am so pleased to have been a part of the programme 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.**"*