



Why Coaching for Headteachers Matters

Dear Governor,

Leading a school is one of the most rewarding, and yet demanding, roles in education. The weight of responsibility, constant decision-making, and unrelenting pace mean that many headteachers simply don't have time to pause, reflect, or look after their own wellbeing.

In my work with headteachers over many years, I have seen how vital protected time and space for reflection is. Coaching provides a confidential environment to step back from daily pressures, gain perspective, and reconnect with what matters most, both professionally and personally.

My particular expertise is in understanding and managing stress. With over 85% of headteachers reporting chronic stress, I help leaders recognise how it affects both their health and performance, and use practical, evidence-based strategies to stay calm, balanced, and effective. The work is grounded in science but always focused on the realities of school life.

Headteachers I work with often tell me they feel:

- **Better supported**, with time to process difficult situations and explore solutions.
- **More resilient**, equipped with tools to manage stress and maintain perspective.
- **Clearer in decision-making**, able to lead with confidence and balance.
- **More energised**, with renewed focus on their leadership and wellbeing.

Coaching is not a luxury. It is an investment in leadership capacity and school stability that benefits every member of the school community.

Here is what one headteacher recently shared:

"The sessions with Maria made a huge difference to my wellbeing. They helped me see things more clearly, worry less, and be kinder to myself. A real lifeboat in a choppy sea."

Clare Charter, Headteacher, Dunmow St Mary's Primary School

Supporting your headteacher's access to high-quality, evidence-based coaching helps protect their wellbeing, sustain their leadership, and strengthen the long-term health of your school.

With kindest wishes,

Maria Brosnan, Educational Health and Wellbeing Specialist