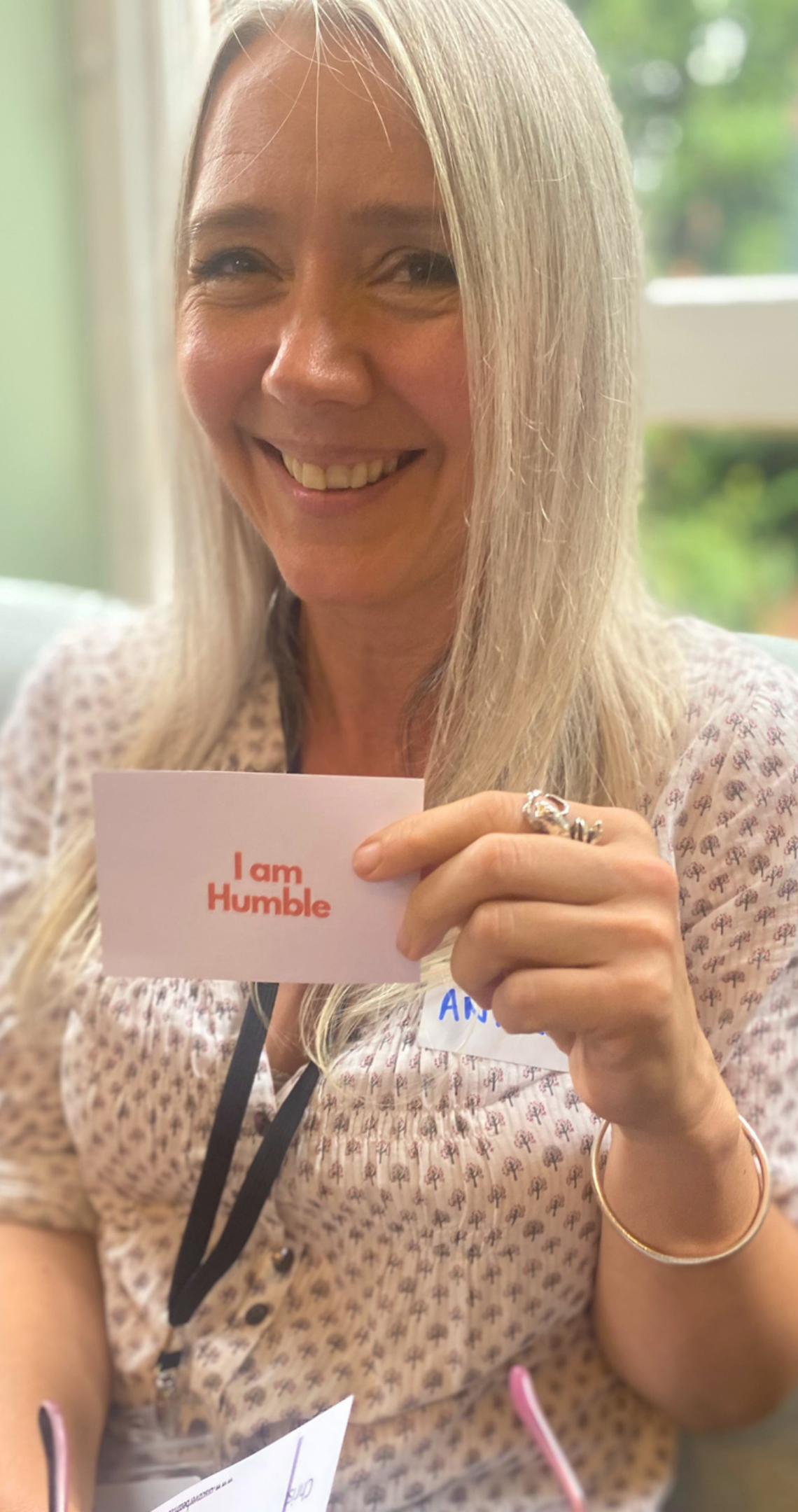




Beam for Education

Coaching & Training Programmes
for Teachers and Leaders





Resilient teachers for outstanding schools

The teachers in our schools are our most precious assets and keeping them motivated and inspired is one of the most important things a school can do.

Through Beam, I offer a range of **coaching and training opportunities** that develop the human skills needed to create more effective and confident leaders, better connected teams and more resilient individuals who are better able to manage their challenges and deliver outstanding results.

"Working with BEAM, has had a huge impact on our school. It has enabled staff to become more solution focused and to maximise their potential. Laura is always so positive; it is impossible not to feel reinvigorated after a session with her. It has been such a worthwhile process working with her."

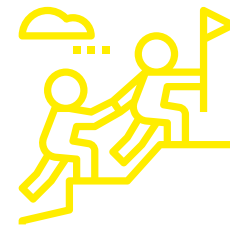
**Lee-Ann Britten, Headteacher,
Longlands School**

What I do



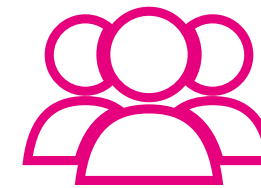
Leadership Coaching

Providing leaders with a safe space to explore current challenges in order to enhance the performance & wellbeing of their teams, their students and themselves.



Coaching Training

A highly practical and engaging course that equips your teachers and leaders with the essential knowledge and skills to coach others effectively and with confidence.



INSET Training

Fresh, engaging, and practical INSET training focused around wellbeing, resilience and team connectivity, inspiring teachers to approach their roles with renewed energy, passion and purpose.

Coaching for positive change

Designed to fit around the academic calendar, my **coaching programmes** give school leaders at all levels a confidential space in which to explore their current and upcoming challenges. Sessions allow leaders to clarify goals, reflect honestly on their performance and think strategically about ways forward.

Impact data from my 2023/24 coaching programmes:

94% are reporting better problem-solving and strategic thinking

96% are reporting improved time management and productivity

85% are reporting better team dynamics and relationships

100% are reporting enhanced wellbeing as a result of coaching



What you get

- 6 or 10 x 50-minute sessions per person across the academic year
- Flexible session times
- Online sessions
- Mid- and post-programme feedback surveys
- Impact data presented at midway and on completion

**CONTACT LAURA@DISCOVERBEAM.CO.UK TO
DISCUSS COACHING PROGRAMMES FOR YOUR
TEACHERS AND LEADERS.**

"The coaching has had a significant impact on the wellbeing of our Senior Leadership team. They are feeling more confident in their roles and in their leadership, meaning they are able to lead with autonomy and self-assurance. As the coaching has helped them develop in role, so too has their wellbeing improved."

**N Soar, Executive Headteacher
Harris Acad. St John's Wood**

Unlocking Potential

Coaching skills training for Middle Leaders

Coaching for Excellence

Our Middle Leaders hold a pivotal role in fostering a culture of excellence in our schools. 'Unlocking Potential' is a practical and engaging programme that trains leaders in the essential coaching tools and strategies needed to facilitate those vital developmental conversations that inspire, motivate and grow the individuals they lead.

What are the outcomes?

- Increased confidence in utilising coaching techniques both formally and informally, ensuring high levels of accountability and progress towards professional goals.
- Enhanced understanding of the neuroscience underpinning coaching, enabling better application of coaching theory, skills, and mindset.
- Ability to employ a variety of coaching models and approaches with both individuals and teams to raise levels of psychological safety and engagement.
- Improved capacity to deliver feedback using a coaching approach, facilitating constructive dialogue and improved performance.
- Heightened awareness of leadership styles, leading to more intentional and effective leadership approach.



**Unlocking Potential Programme
Harris Academy, Bromley**

What you get

The training is carried out in-person over **three x 3.5 hour sessions**, delivered on a timescale to suit your school.

**TO REQUEST A QUOTE AND MORE DETAILED
OUTLINE OF COURSE CONTENT CONTACT**

LAURA@DISCOVERBEAM.CO.UK

"Laura created a safe, non judgemental space for our SLT to learn how to coach. The sessions were challenging but so engaging. I now feel confident using coaching approaches to develop members of my team and understand how to deliver feedback to them with both honesty and compassion."

**Senior Leader, Harris
Academy - Bromley**

Teachers that thrive, not just survive

A Beam **INSET workshop** gives school staff the opportunity to think about their own physical and psychological wellbeing. They learn practical strategies and tools to help them manage stress, balance competing priorities and build the skills to better manage working relationships.

Delivered as **full day, half day or twilight sessions**, these workshops are highly practical, lots of fun and achieve brilliant results by developing greater resilience within individuals and fostering a deeper sense of trust and psychological safety within teams.

School leaders consistently report that teachers leave my sessions with a renewed energy and a sense of real passion and purpose.



**Teacher Wellbeing Workshop,
Brighton**

INSET workshops cover:

- How to manage **stress and overwhelm**
- How to support the **wellbeing** of yourself and others
- Developing others through **feedback**
- How to have **difficult conversations**
- An introduction to **coaching skills**
- Bespoke INSETS based on the individual **school values**

I design and deliver **bespoke staff training** based on the needs of your school, including webinars and events for larger cohorts. I also deliver a range of workshops specifically developed for **ITT providers**, so get in touch and let's discuss how I can support the continued development of your teachers.

DISCOUNTS AVAILABLE FOR ONLINE SESSIONS OR MULTIPLE BOOKINGS, CONTACT LAURA@DISCOVERBEAM.CO.UK FOR MORE INFORMATION OR TO REQUEST A QUOTE.



**Surviving to Thriving INSET
Stour Vale Academy Trust,
Birmingham**

"Laura's energy and enthusiasm along with her in-depth knowledge and empathetic approach meant that staff left feeling positive and energised and with strategies to support their own wellbeing. The very best way to start the academic year."

**B Statham, Headteacher
Eastfields
Primary School, London**

"Laura's work has galvanised our senior team's purpose and collective leadership efforts to ensure our work has impact. There is a real trust and safe professional challenge within our team, which has been developed by the work she has led with us."

**Robin Newman, Headteacher
Haileybury Turnford School**



Who am I?

I'm **Laura Osman** and I'm passionate about developing people and, in particular, teachers. I spent 17 years in education as a teacher and leader before training as an **Level 7 Executive Coach** (ILM/EMCC). I now hold **Senior Coach** status with the **EMCC** (European Coaching & Mentoring Council) and I'm an associate lecturer at the **University of East London** training coaches as part of their People Management MA course.

Since launching Beam in 2016, I have supported over 50 primary and secondary schools across the UK through my leadership coaching and staff training programmes. My work is person-centred and my approaches are rooted in positive psychology. As a facilitator I use warmth, humour and honesty to build rapport and whether in a team coaching session, a staff workshop, or one-to-one session I always seek to develop that magic in the room, the moment where people find real connection, real authenticity, and ultimately, real positive change.

Who I've worked with...





Interested? Let's talk...

Now, more than ever, we need inspirational leaders, motivated teachers, and inclusive schools. So if you think Beam can help inspire the brilliant teachers in your school email me at **laura@discoverbeam.co.uk**

You can also visit **www.discoverbeam.co.uk** to find out more about the work we do.

