

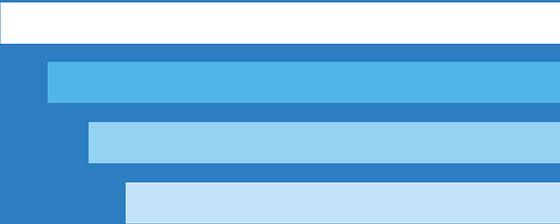
# EVOLUTION

A COURSE FOR FUTURE LEADERS



Sun & Sky Coaching

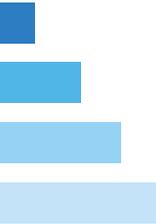
SAMANTHA JAYASURIYA



# If not now, when?



*"The course immediately had an impact. I felt I communicated with staff regarding a challenging situation in a positive way which displayed empathy but allowed the staff to feel empowered."*



# EVOLUTION

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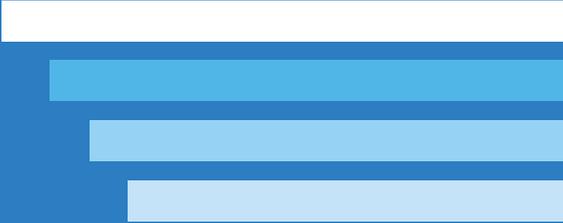
An exciting opportunity for your staff to join a course with a difference.

Right now, Headteachers across the country are facing unprecedented workforce challenges. For schools to function effectively in this current climate they need a resilient workforce. The Evolution leadership course builds that resilience. Leaders will be supported in their growth and will learn coaching skills that they can use to support other members of the team.

Over 12 weeks new leaders will develop their leadership and coaching skills by working with Samantha, an experienced Leadership Energy Coach.

They will take a journey of enquiry, empowerment, enrichment and engagement which will lead to their evolution as an authentic leader.

With hundreds of hours of coaching and training, as well as thirty years of experience as a senior leader, Samantha is uniquely qualified to deliver this course.



**Don't adapt to the  
energy in the room.  
Influence the energy  
in the room.**



*"Two sessions in and the coaching has had a positive impact on my performance and my confidence. I am excited about the upcoming sessions!"*



# WHO IS THIS COURSE FOR?

This course is aimed at people who

- Are new into leadership
- Are seeking to take on a different leadership role within the next 6 months
- Have experienced a change in their current working environment

# PART<sup>1</sup> | ENQUIRY

Who am I? What do I know?

## Pre-work

Course attendees will fill in a questionnaire and complete a Strengths Finder Profile.

## Week 1

Online interactive 3-hour Zoom meeting.

Areas of learning will include:

- Strengths
- Learning about the importance of emotional intelligence in leadership
- First steps into developing the coaching skills that you will use in your work, starting with active listening

## Week 2

1:1 coaching for an hour including a closer look at your Strengths Finder Profile.

## PART 1 OUTCOMES

- You will have greater self-awareness and understanding of emotional intelligence and how this supports leadership growth
- You will know how to leverage your strengths to achieve your goals in line with the organisation's values

# PART<sup>2</sup> | EMPOWER

Where do I get my courage from?

## Week 3

Online interactive 3-hour Zoom meeting.

Areas of learning will include:

- Work on resilience
- Learning about our bodies
- Learning to listen to our intuition
- How you can use your senses to bring about change
- Learning to use powerful questions

## Week 4

1:1 coaching for half an hour including an Mbit coaching session to help you to align the thinking from your whole body.

### PART 2 OUTCOMES

- You will have a clear idea of how you can keep yourself resilient and the importance of this for all leaders
- You will have completed a DISC profile self-assessment which is used to decipher why we behave the way we do.

# PART 3 | ENGAGEMENT

How do I communicate?

How do others communicate?

## Week 5

Online interactive 3-hour Zoom meeting.

Areas of learning will include:

- Learning about our preferred communication style
- How to use your style to identify other preferred styles
- Conflict resolution
- Empathy
- Relationship management

## Week 6

1:1 coaching for half an hour including a closer look at your DISC profile

### PART 3 OUTCOMES

- You will have a clear idea of how you communicate and how to manage conflict
- You will be equipped to deal with conflict in a resourceful way



*“It was useful to have a guided period of time with like-minded colleagues to focus on my strengths. The content and the activities have boosted my self-confidence and given me a great sense of excitement and positivity.”*

# PART 4 | ENRICHMENT

Where do I see myself in 2/5/10 years time? What do I need to get there?

## Week 7

Online interactive 3-hour Zoom meeting.

Areas of learning will include:

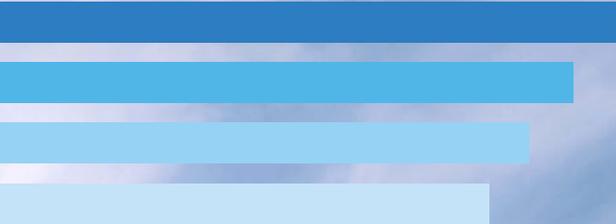
- Group coaching session
- Future pacing
- Visualisation
- Keeping perspective
- The resilient leader
- The three C's - Consistent, Competent and Credible with a dash of Creativity
- Coaching tool - summarising, walking the path of your coachee

## Week 8

1:1 coaching for an hour

### PART 3 OUTCOMES

- You will have clarity about the future
- You will have learned how to pace yourself as a leader
- You will have learned how to make connections with fellow professionals who will support you in your learning
- You will have developed coaching skills that you can use to build trust with your team

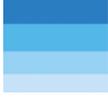


Conformity is the jailer  
of freedom and the  
enemy of growth.

John F. Kennedy

*“Being fairly new to leadership, this course has helped me to understand what makes a great leader and how I can self-develop and enjoy all segments of the journey.”*

”



# Sun & Sky Coaching

SAMANTHA JAYASURIYA



I am a Leadership Energy Coach who works with leaders in business and education.

As an accredited coach, I work with successful professionals to help them become authentic leaders.

Thinking and reflection time is a key part of my coaching space. A place where my clients can connect with their strengths and their values before making their plans.

I work with clients who have been leaders for years as well as with new leaders, who have just taken up the challenges of leading teams. I coach both to excel.

I have honed my coaching skills over 30 years of working as a teacher, a Headteacher and now as a Leadership Energy Coach. I am an NLP practitioner, certified MBit coach, DISC certified and a Licenced Resilience Practitioner.

Evolution is the leadership programme that will get your staff engaged, empowered, energised and ready for a fresh new start.

An extraordinary  
school starts with  
extraordinary people.  
Extraordinary people  
Start with purpose.

*"I am looking forward to using the coaching skills learnt  
and apply them when working with colleagues."*

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