

Counselling | Coaching | Supervision | Training

Facilitated by

Dr Heidi Barton

Person-Centred Counsellor & Professional Coach

Registered member of the BACP and BPS.

With extensive experience of working in education and supporting schools and staff wellbeing.

One-to-One Support

Counselling – A safe and confidential space to explore challenges, improve wellbeing and develop coping strategies.

Life Coaching – Clarify goals, build confidence and create positive change.

DSL Supervision – Reflective, supportive supervision to help manage the emotional demands of safeguarding responsibilities.

Group Support

Reflective Practice Groups – Structured sessions that support staff wellbeing, enhance reflection and build resilience within educational settings.

Workshops

Managing Stress and Anxiety – Practical strategies for sustaining wellbeing and reducing workplace stress.

Unlocking the Power of Coaching – Develop coaching skills to better support your staff to set goals, overcome barriers and take the steps needed to achieve their aspirations.

Contact details

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