



Why Leadership Coaching?

**WASA Lunch and Learn
May 31, 2023**

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Check in

- How are you coming into today's session?
- What is your current mindset?



What Mindsets Contribute to Your Success?

Mindset sits at the **heart** of our approach...

Mindset **drives** behavior, and behavior **drives** impact and results.

Mindset



Behavior



Impact



Results



About BTS Spark



Not-for-profit practice



Supporting school leaders



Coaching & workshops



Curriculum of 33 leadership mindsets

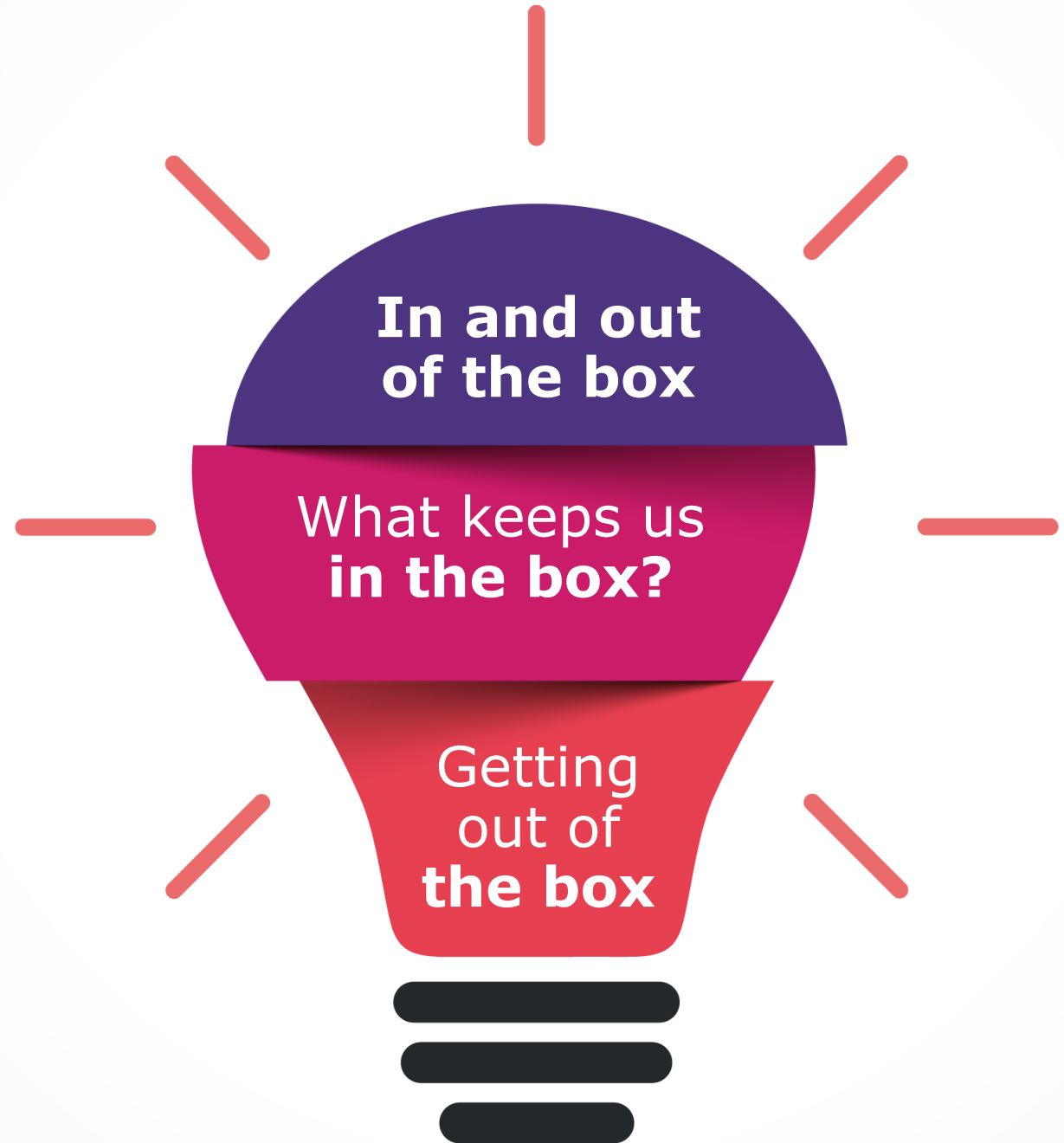


300
coaches
worldwide

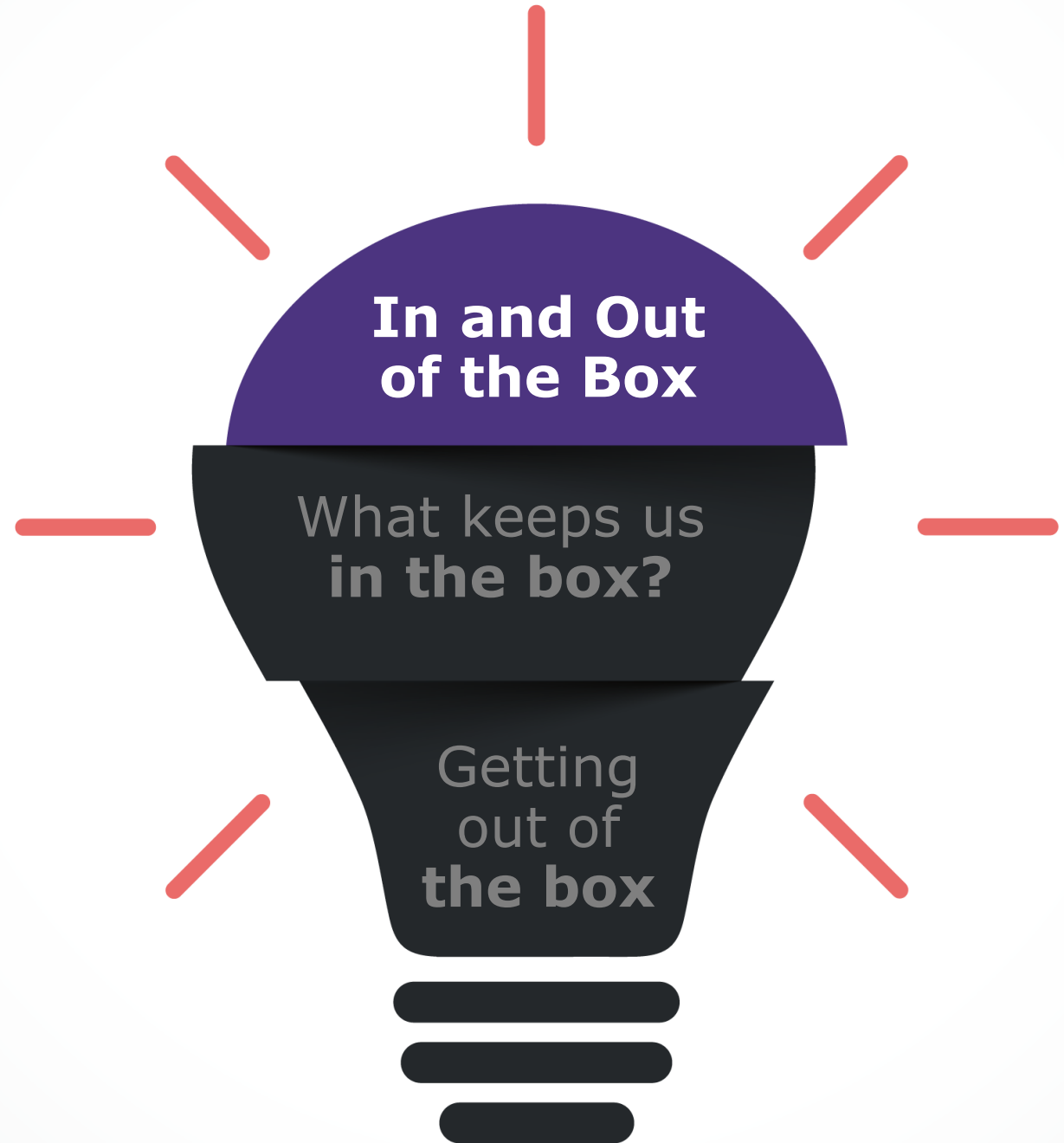
18,000
school leaders
coached

>99%
of participants
improve their
leadership

3 Big ideas



3 Big ideas



Reflect on two recent leadership moments...

A peak experience where
you were **at your best**



What were you thinking?
What were you feeling?

A time when you were **less than
your best** & felt less resourceful.



What were you thinking?
What were you feeling?

Two very different states of resourcefulness

In the Box

Feelings may include:

Boredom, flatness, a lack of motivation,
frustration, anxiety, stress or fear,
irritation, anger, exasperation,
powerlessness, despair



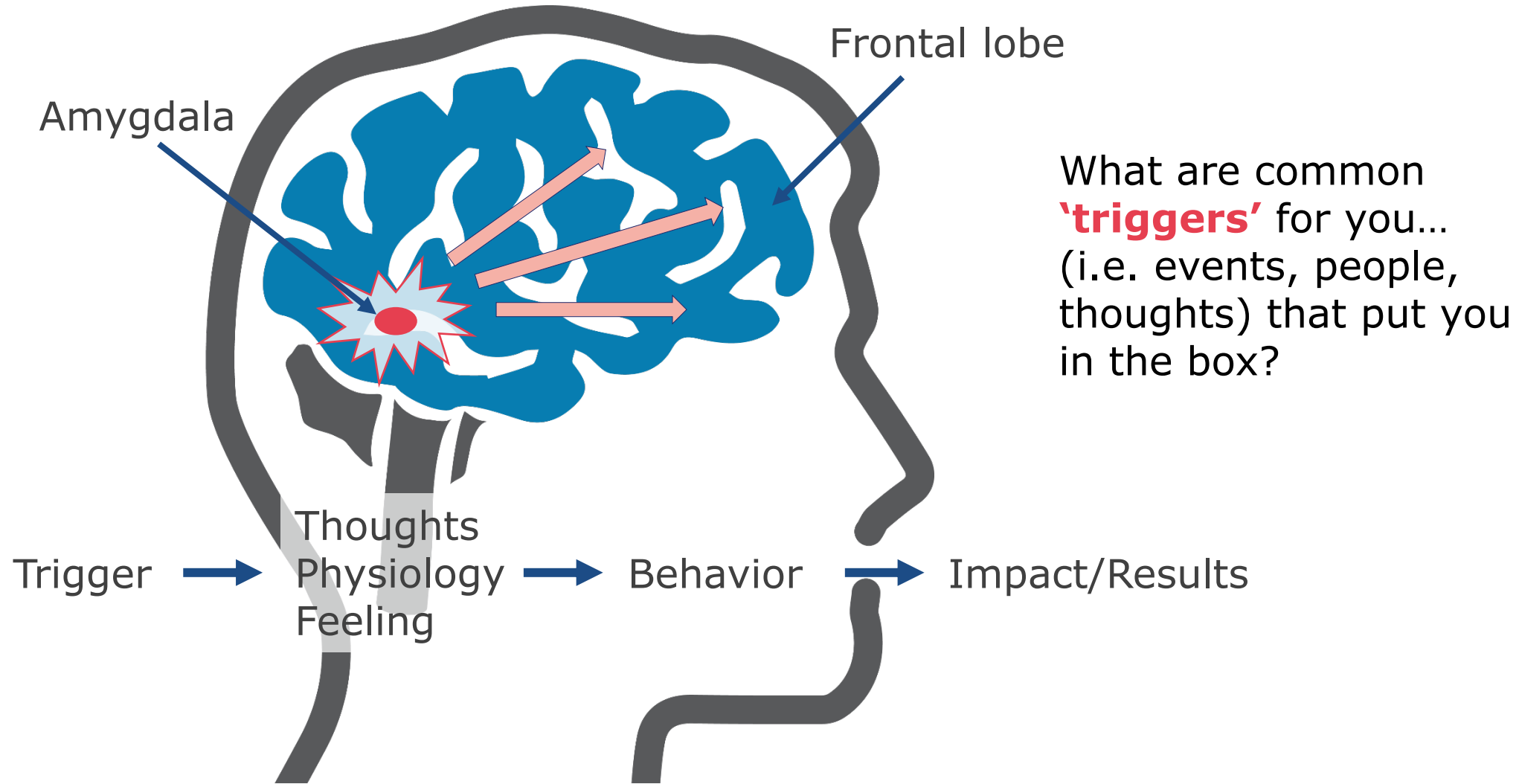
Out of the Box

Feelings may include:

A sense of possibility
energy, alertness,
confidence, clarity



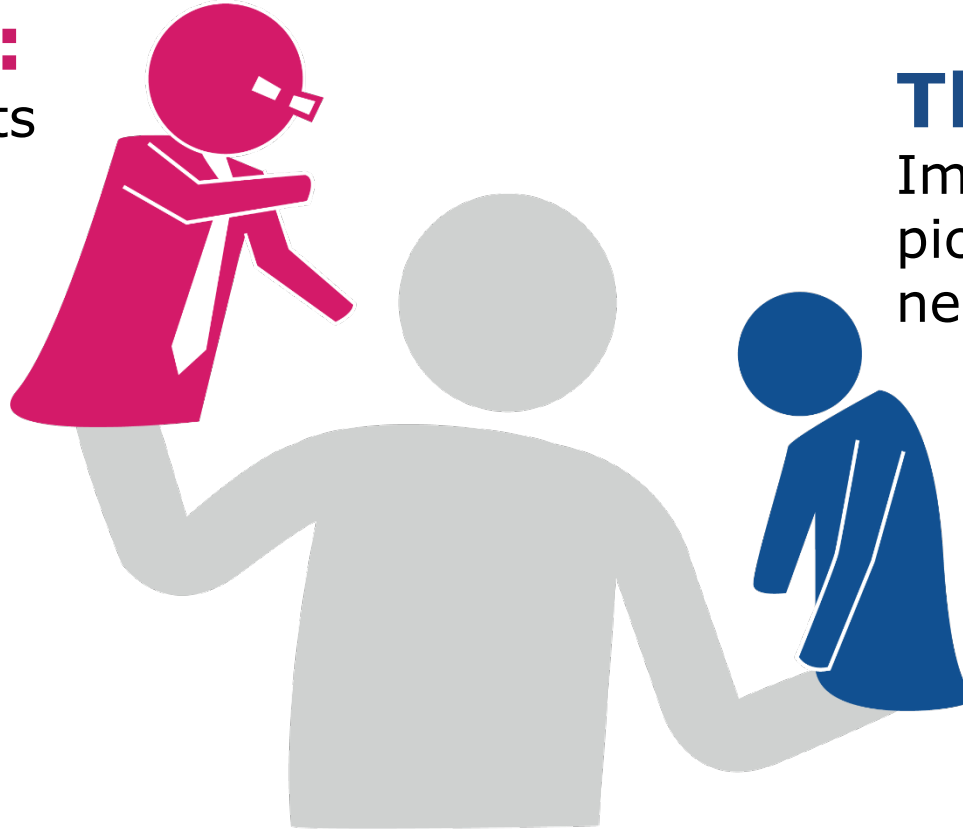
What Happens When We Aren't at Our Best?



Feeling impacts thinking...

The Judge:

Makes judgments about ourselves and others



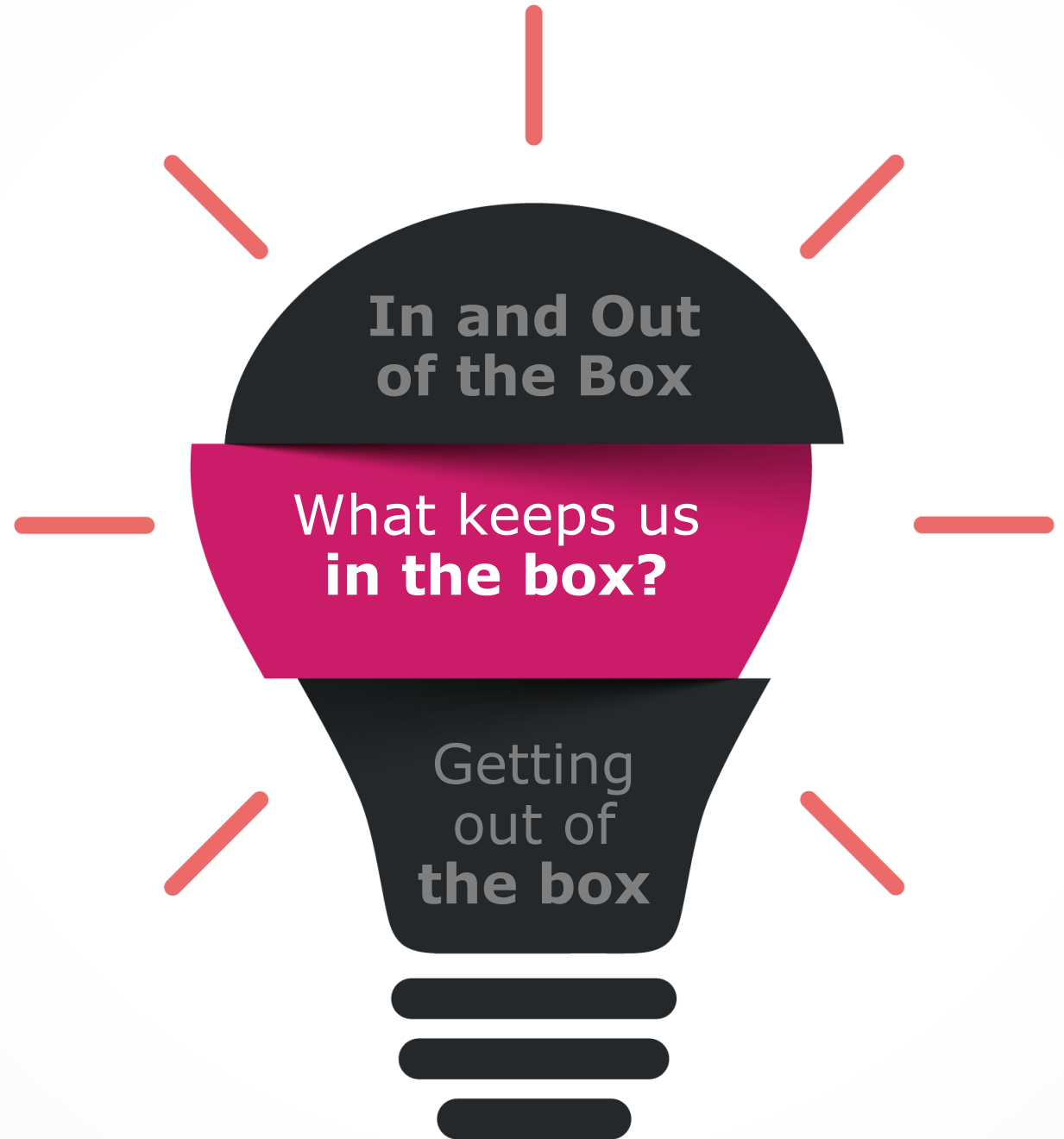
The Pessimist:

Imagines the worst, picturing the potential negatives

Realist:

Wise and tells the truth

3 Big ideas



Six Mindtraps

Pleaser

Critic
Doubter

Prover

Avoider
Victim

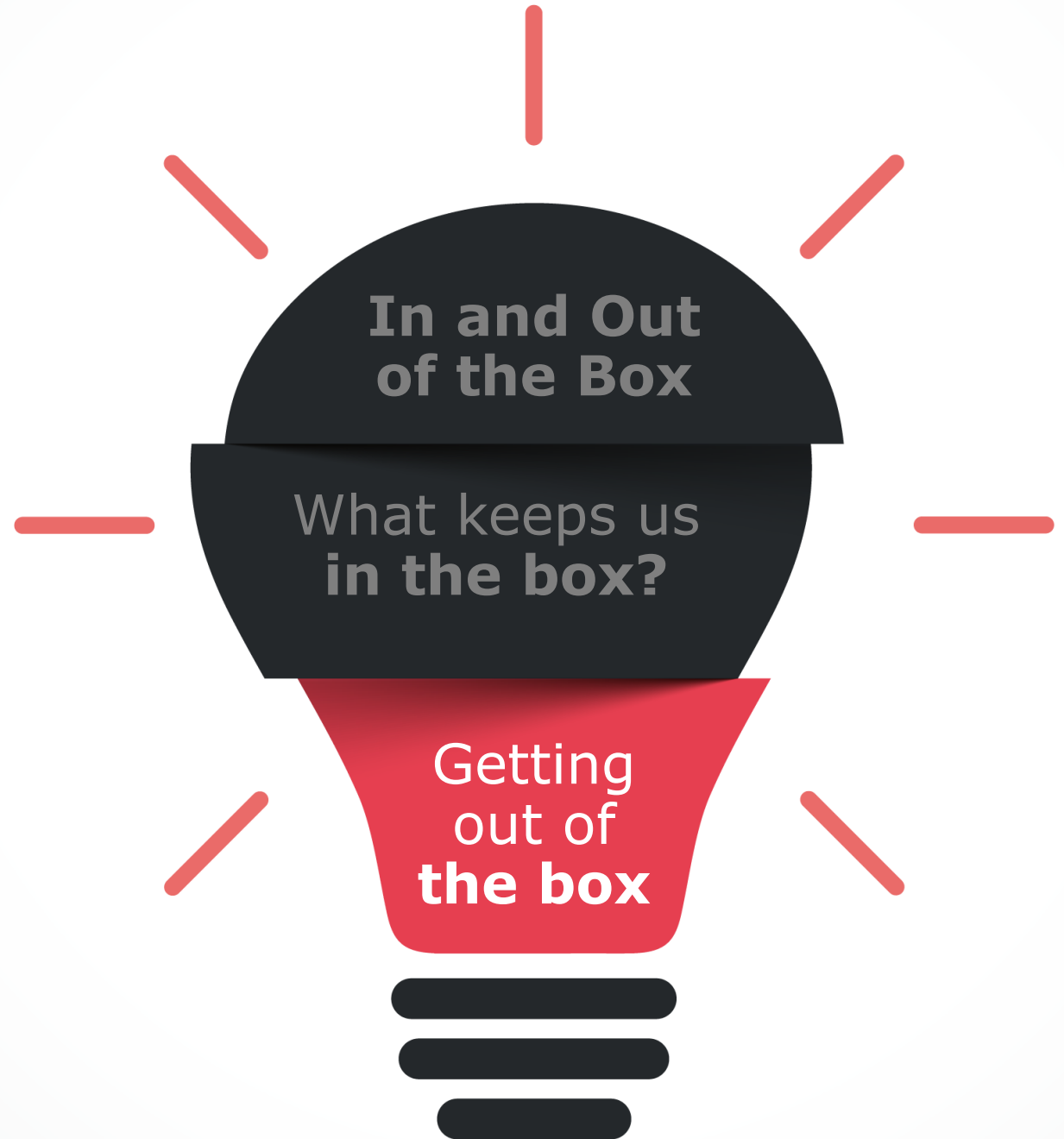
Martyr

Worrier

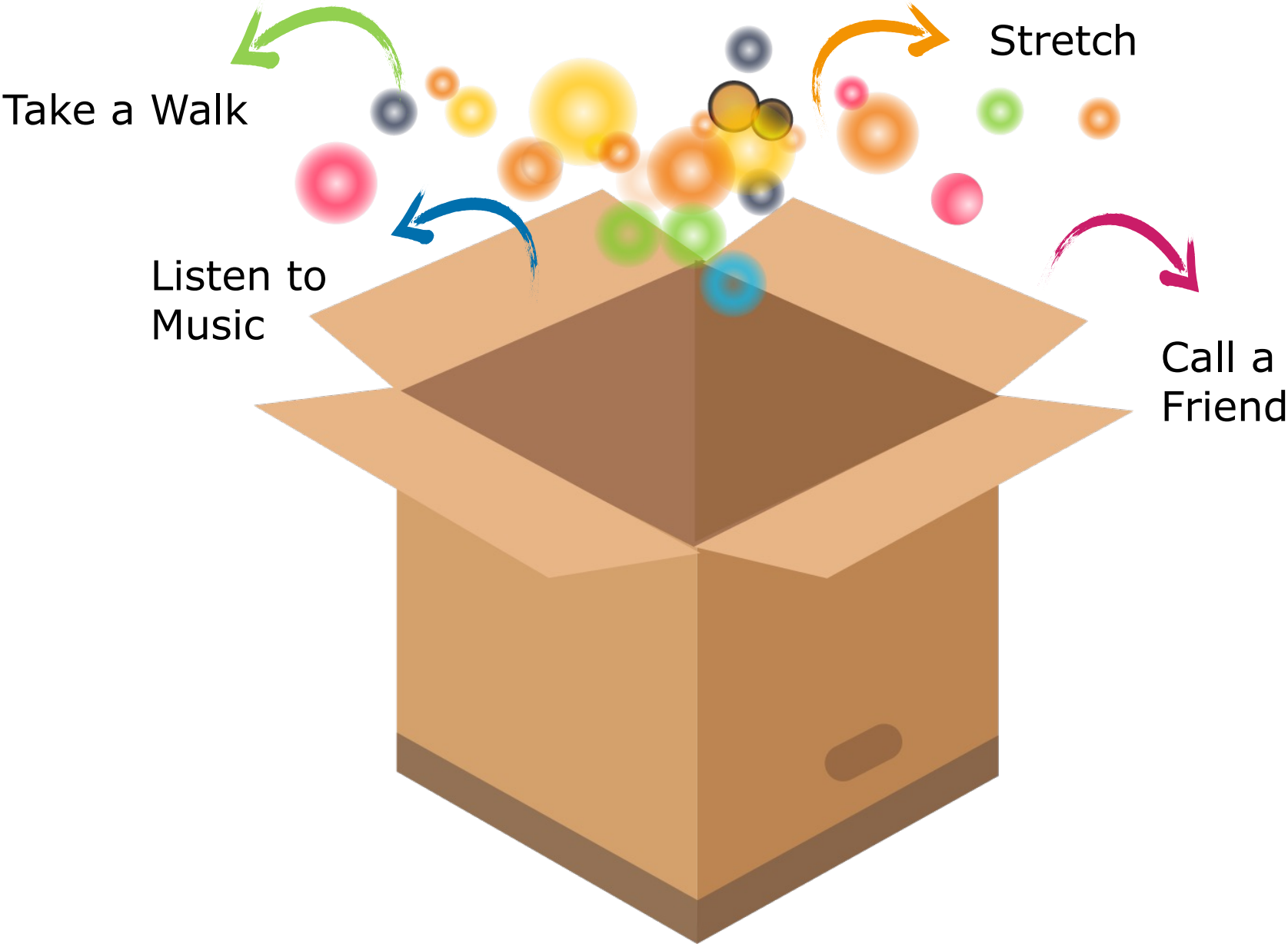


Mindtrap		Core Quality
Worrier:	Worrying about all the possible consequences	Concern/Conscientiousness
Victim / Avoider:	Not facing challenges that may need attending to	Self-care/Self-preservation
Martyr:	Doing too much for others and then getting resentful	Responsibility/Care
Prover:	Focusing too much on the next success	Ambition/Drive
Critic / Doubter:	Too much criticism towards self Too much criticism towards others	Humility/Discernment Good Judgement/Honesty
Pleaser:	Caring too much about what others think	Empathy/Care

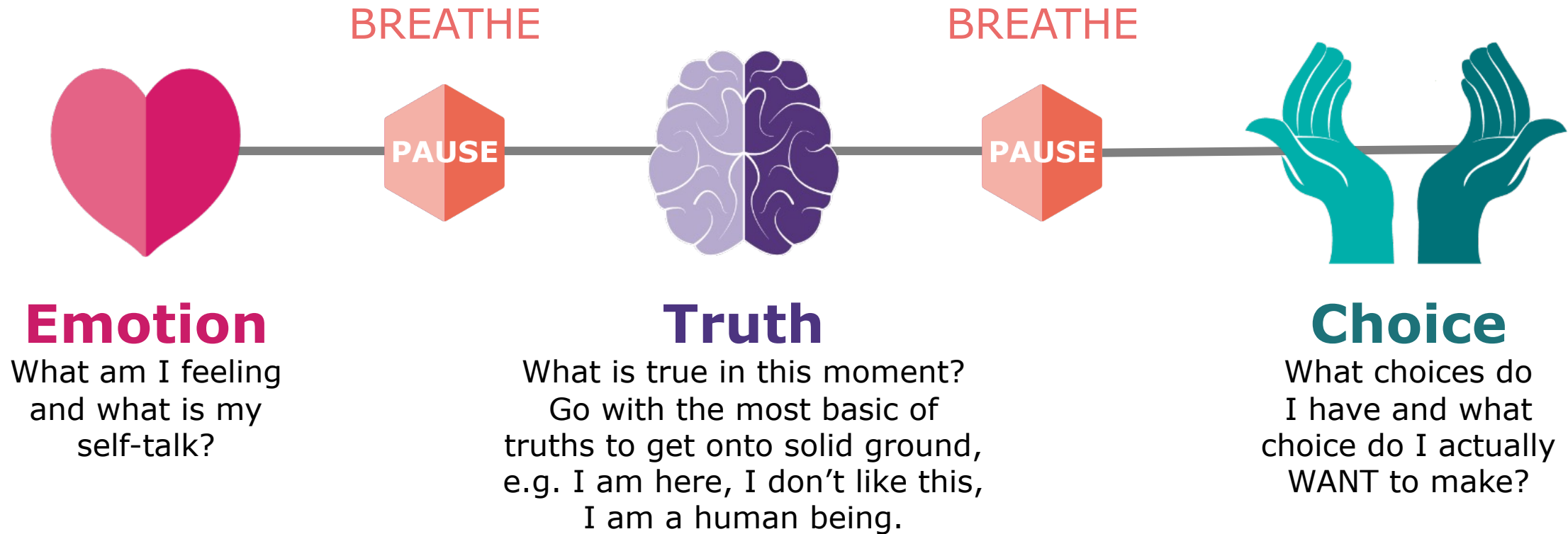
3 Big Ideas



Getting Out of the Box



ETC process



Big ideas



GETTING
OUT
of the
BOX



Today's session focused on 1 of 33 leadership mindsets...



Flexible Leadership Coaching



Overview

Everyone's context is unique, so it's no surprise that flexible programs are our most popular offer.

Simply choose your first module (or ask us for advice!) and get started immediately. Most people request programs spanning 2-3 modules.

Every module can be delivered by our coaches through 1-1 coaching, group coaching or workshop.



Learning objectives

33 modules are available, offering a chance for you to widen your skillset and gain new strategies in...

- *Relate* – critical people leadership skills
- *Be* – emotional intelligence, confidence and resilience
- *Inspire* – motivating yourself & others
- *Think* – leading school improvement



Each of these modules is available as 1:1 coaching, group coaching or workshop.

1-TO-1 COACHING

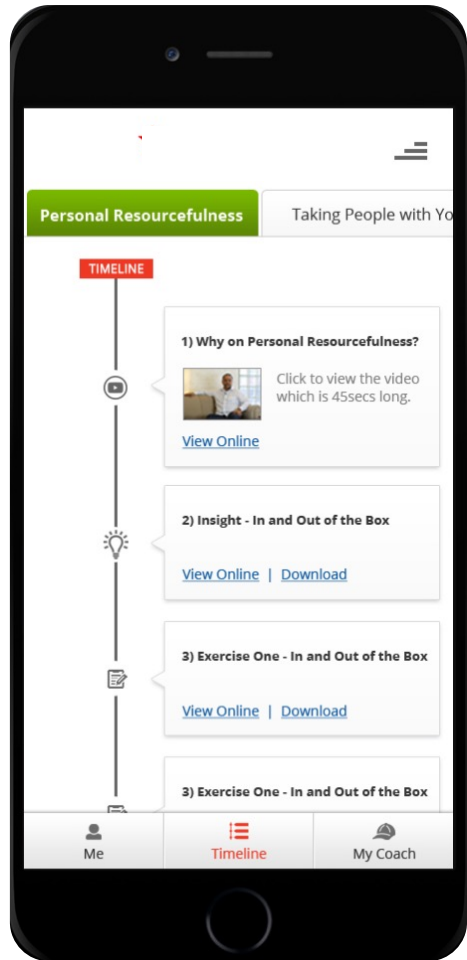
Flexible coaching journeys can be of any length. Each coaching module comprises two coaching sessions with a personal leadership coach & online learning

\$1590 USD (6*60 mins sessions)

**Over 99% of those we coach say
they have changed their leadership**

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Our Virtual Coaching Platform



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VIEW MY OBJECTIVES

HIGHLIGHTED SHIFTS

INFLUENCING OTHERS

Relate ■ □ □

SETTING DIRECTION

Inspire ■ □ □

CLICK TO OPEN

SHADOW OF THE LEADER

CLICK TO OPEN

Timezone: Europe/London | [Report a bug](#) | [Logout](#)

bts coach

Personal Resourcefulness | Taking People with You

TIMELINE

1) Why on Personal Resourcefulness?

Click to view the video which is 45secs long.
[View Online](#)

2) Insight - In and Out of the Box

[View Online](#) | [Download](#)

02 Oct, 13:00 (1:00 PM)

Not Yet Booked

3) Coaching Session One
90 mins Video/Audio Call discussing In and Out of the Box and my Mindtraps.
[View Online](#) | [Download](#) **ACTIONS** ▼

4) Coaching Session Two
90 mins Video/Audio Call discussing In and Out of the Box and my Mindtraps.
[View Online](#) | [Download](#)

5) Mindtraps.
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My Coach

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REMINDER

[Click here](#) to book your next session.

[Click here](#) to unbook your session on 03 Oct, 2018.

DOCUMENTS

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How has coaching impacted school leaders?

These feedback scores show how school leaders participating in the Surviving to Thriving Program perceive their coaching has impacted them.

- Leaders typically report having a much greater awareness of self, a stronger sense of how they can be most effective in their personal and professional lives and a deeper understanding of their core values and the alignment with their work at school.

Principals, VPs, District Principals were asked to self-rate...	Before	After
I have strategies to stay resilient and effective in stressful situations...	64%	100%
I am able to create balance in my life...	44%	90%
I have a clear vision for the new school year...	43%	100%
I feel that I have the tools to manage energy-sapping relationships...	30%	100%
I feel confident in having difficult conversations...	39%	90%

Supporting WASA leaders to reach their potential

We are deeply committed to ensuring that every leader is supported to do their best work.

Reach out for a conversation about your needs or the needs of leaders in your school district. Make sure to mention “WASA” in your reach out.

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