



The Heart Health Wellbeing Programme for Headteachers

with Maria Brosnan and Dr. Carla Stanton

"It's one of the best things I've ever done. It's completely changed me as a professional."

James Newman, Headteacher, Epsom and Ewell High School

"The training from Pursuit Wellbeing has been transformational for our school and system leaders.

Improved wellbeing, reduced anxiety, and better impact in their respective roles have been reported across the board."

Alex Russell, CEO, Bourne Education Trust

"It has been a great experience to be part of the Heart Health programme. I have learned so much about the impact of stress on the heart and how I can reduce this through regular practices and being aware of my triggers and responses."

Jodie Evans, Headteacher, High Ongar Primary School

"I found the sessions to be highly effective and uncovering the science behind emotional responses really helped deal with stressful situations. This is not what you would expect from a well-being session, and I would highly recommend them.

I am continuing to apply what I have learnt on a daily basis."

Debbie Attridge, Headteacher, Ongar Primary School

Thank you for your interest in the Heart Health for Headteachers Programme. We hope that you find all the information you need here, but if you have any questions or would like to discuss anything in more detail please do not hesitate to get in touch.

Current Challenge

The unprecedented demands of the last few years have greatly increased Headteachers' and school staff's stress levels, and evidence shows that "gritting through" challenge and not addressing the impact it is having, ultimately impedes performance, wastes time and resources, and can dangerously impact health. While headteachers and leaders may know that stress negatively impacts their health, many don't have the evidence-based tools to address this effectively.

What the Evidence Shows

- ✓ 89% of Headteachers are stressed
- ✓ Psychological stress is now a well-established health risk factor and is an independent risk factor for coronary heart disease (Wirtz, 2017)
- ✓ Coronary heart disease is the number one cause of death globally
- ✓ Research using biofeedback technology shows that by learning scientifically validated self-regulation techniques the detrimental impacts of stress can be avoided.

The positive impact of our approaches are well established, several of which are outlined below:

- ✓ Increased calmness and wellbeing (Friedman, 2000)
- ✓ Reduced blood pressure in hypertension (McCraty, 2001)
- ✓ Increased emotional stability and cognitive performance (McCraty, 2001)
- ✓ Increased functional capacity in patients with heart disease (Luskin, 2002)
- ✓ Reduced stress and anxiety in college students (Ratanasiripong, 2012)
- ✓ Increased employee life satisfaction, blood sugar levels, and markers of cardiovascular inflammation (Lord, 2019)

Our Solution

We have developed a programme specifically for Headteachers and School leaders. It consists of four sessions incorporating three core components: coaching, the use of biofeedback technology and education/training. Sessions can be for individuals or small groups.

By the end of the four sessions, participants will be able to:

- ✓ Measurably improve their Heart Rate Variability; a key marker of heart health
- ✓ Reduce anxiety, panic, stress or feelings of overwhelm the moment it occurs
- ✓ Reduce the impact of stress before, during, and after a difficult conversation or challenging situation

- ✓ Improve their ability to problem-solve and communicate effectively in the face of challenge or crisis
- ✓ Improve the quality of their sleep, and more, through the application of scientifically validated self-regulation techniques, supported by biofeedback technology

Biofeedback Technology

Biofeedback is a process by which, through monitoring, you can learn to voluntarily control certain bodily functions, such as your heart rate.

Through the application of the techniques taught on this course, participants can use the technology to guide themselves back to a state of physiological order, calm, and wellbeing, and objectively measure their ability to do this.

The overall effect is a headteacher with a calmer, more well-regulated nervous system and a much healthier heart.



Biofeedback has been shown to improve outcomes when undertaking wellbeing interventions. (Lemaire, 2011)

“The technology encouraged me to think differently about stress and my heart everyday.”

“It was easy to use and easy to transport.”

“I enjoyed seeing my coherence and tracking self improvement.”

Investment

Individual Coaching - 4 x 75-minute 1:1 sessions, Inner Balance and all course materials	£1338* per person
Small Group Coaching - 4 x 2 hour group sessions, Inner Balance and all course materials	£838* per person

*Both prices include the Inner Balance sensor and app valued at £188.

Sessions are booked at mutually convenient times, online or in person (depending on location), at intervals of 2-3 weeks during term time.

What should I do next?

To book a place on the Heart Health Programme or to discuss your personal needs further, please contact me at the details below.

Get in Touch

Maria Brosnan
Founder and MD

Email: Maria@pursuit-wellbeing.com

Website: <https://pursuitwellbeing.com>

Phone: +44 (0)7790 054 230

About Us



Maria Brosnan is an Educational Leadership, Health and Wellbeing specialist and the founder of Pursuit Wellbeing. She has been involved in wellbeing for over 30 years as a counsellor, coach and trainer. She co-founded *Striver*, a whole school Sport, PE and Wellbeing programme for Primary schools. Maria has worked with schools for over 16 years.



Dr. Carla Stanton is a GP and certified functional medicine doctor with over 15 years of clinical experience. Dr. Stanton practices medicine in the UK, delivers performance and wellbeing programs to doctors and frontline professionals, and facilitates internationally with biofeedback research. She is the Medical Director of HeartMath UK, the company that created the biofeedback technology. Dr. Stanton is an advisor and researcher in this programme.



The Heart Health for Headteachers Programme aims to deepen your understanding of the impact of stress on your health and wellbeing and offer practical methods to measurably improve your health.

If, after you have completed all sessions and regularly participated in the agreed practices, you are not happy with the results, we will refund the cost of the course.

Feedback from participating Headteachers has been overwhelmingly positive

“Participating in these sessions has made me think and act differently. I now recognise my physical and emotional responses to stress and have a toolkit to draw on to respond.”

Penny Alford, Chief Education Officer, Bourne Education Trust

“I loved the course in its entirety. I looked forward to the face-to-face sessions immensely as Maria put us at ease and allowed us to be vulnerable. There is something so powerful in people sharing openly and honestly. This course is a must for anyone trying to be their best every day.”

James Knights, Headteacher, Sythwood Primary School

“The sessions were not only fascinating but also gave me extremely effective tools for managing stress and well-being. The course provided an opportunity to spend time with my headteacher colleagues, making stronger professional relationships that mean we can effectively support each other. I am looking forward to sharing this with leaders, staff and hopefully pupils in school.”

Rebecca Williams, Headteacher, Auriol Junior School

“It has been a really useful tool to use to improve my wellbeing. I now have strategies to use in my day-to-day life to keep my heart healthier and lower my heart rate when triggered by a stressful situation.”

Paula Derwin, Headteacher, Hazelmere Junior School

“The course has really allowed me the opportunity to reflect on the stresses of my leadership role and offered me simple and effective ways to support my wellbeing, allowing me to perform better in my role. Maria's approach was calm and supportive, and I have really valued both the content and the structure of the course.”

Clare Goldsmith, Headteacher, Woodmansterne Primary School

“Maria helped me to see the connections between physiology and our actions, emotions and thinking. Everything is so interconnected but if we get our physiology right the rest falls together.”

Ann Alden, Headteacher, St Paul's Dorking.

“Before I signed up to Heart Health, I believed that stress was part of the job...Since learning through the programme I have a completely different mindset. I understand far more about stress and what I can do to proactively manage my response "in the moment". I would recommend all leaders (and anyone working in education) give themselves the gift of this learning.”

Jo Hastings, Executive Headteacher, Ottershaw Christ Church Schools