

MENTAL METTLE COACHING

PROFESSIONAL DEVELOPMENT GROUP COACHING FOR EDUCATORS

TEACHING HAS CHANGED, HAS YOUR PD?

- "...teachers are required to implement pedagogical practices that are frequently different from their own experiences as students. Coaches can guide these teachers through a reflective process of evaluating current beliefs and practices in conjunction with new knowledge and skills to shift thinking and instruction"

-Dr. Kelly Gomez-Johnson

"Instructional Coaching Implementation Considerations for K-12 Administrators"

- Coaching creates a relationship in which a client feels cared for and is therefore able to access and implement new knowledge.

- Elena Aguilar,

"The Art of Coaching"



COACH MATT THOMANN

- College Athlete
- Husband and father
- High school teacher
- Basketball coach
- School administrator
- Cancer survivor
- Stroke survivor
- ICF Certified Coach
- Keynote Speaker
- Mental Health Advocate

THE RESEARCH SAYS...

- Coaching encourages collaboration and reflection.
- Promotes positive cultural change
- Creates accountability for improved teaching and learning
- Coaching supports collective leadership across a school

PRAISE FROM TEACHERS..

Coach Thomann's life coaching is very transformational.

Through his training, I have seen a noticed change in my mindset and in my life - both at home and in my career.

-Alex Coan

HS Teacher and Coach

Matt established a positive and open environment in which participants felt comfortable to share their vulnerabilities which paved the way for honesty, trust, and growth.

Matt's approach of using open-ended questions and prompts encouraged participants to reflect and move forward on their individual paths while still providing concrete actions that participants could apply to their specific situations.

_Lynn Floyd

Teacher

GROUP FORMAT

- Up to 10 per group.
 - Administrators
 - Department Chairs
 - Grade levels
 - random grouping
- 1 hour sessions
- Virtual Sessions!
- Best practice is to schedule 5-10 sessions.
- Topics may include
 - Focus on the controllables
 - Mindset analysis
 - Sources of conflict and their antidotes
 - Acknowledgment and Gratitude
 - Extreme Ownership
 - "Living your 100"

CONTACT

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PRICES AND PACKAGES

- Standard Group rate is \$300/hour
- Semester package 5 sessions \$1300
- Yearly Package 10 Sessions \$2750

