



THE  
**MOONSHOT**  
MASTERY ACADEMY  
*Helping You Find the Light Within*

# Teachers

## Staying human in education.

At The Moonshot Mastery Academy, we support teachers and education staff to understand their nervous systems, reconnect with what matters and build a more sustainable way of being in education.



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# Who this is for

## Support for the real world of education.

Teaching is rewarding, but it can also be demanding, complex and at times overwhelming. Our support is for teachers and education staff who want to feel calmer, more confident and more connected — in and beyond the classroom.



### Sunday scaries and overwhelm

When the working week feels heavy and it's hard to switch off.



### Behaviour that gets under your skin

Support with challenging behaviour and difficult dynamics in the classroom or school.



### Boundaries, stress and regulation

Build practical tools to manage stress, set healthy boundaries and stay regulated.



### Staying, changing or resetting in education

Whether you want to stay, make changes or simply find a healthier balance.

## Core themes



### Nervous-system understanding

Learn how stress works and how to support a calmer, more regulated you.



### Practical regulation tools

Simple, effective strategies you can use in everyday school life.



### Identity and values

Reconnect with what matters to you and bring more of your values into your work.



### Sustainable teaching

Build habits, boundaries and support networks for a long and fulfilling career.

# Ways to work together

## Flexible support for your goals and starting point.

We offer a range of ways to work together, so you can find the support that fits your role, your needs and your goals.



### 1:1 coaching

Personalised support to help you work through challenges, build practical strategies and feel calmer, more confident and more in control in your teaching role.



### Reflective groups

Small, supportive group sessions for teachers and education staff to share experiences, gain perspective and build practical tools together in a safe, confidential space.



### Talks and CPD

Engaging talks and CPD sessions for schools and education teams, covering topics such as behaviour beneath the behaviour, stress and regulation, and sustainable teaching.

## Next steps

1



### Get in touch

Drop me a message via the website or email to say hello.

2



### Book a chat

We'll arrange a relaxed conversation to understand your needs and see how I can help.

3



### Choose a route

Together we'll find the best option for you, whether that's 1:1 coaching, a group or a talk for your school.