

MY DELTA

Empowering school leaders to create positive change



Coaching and Training

I help school leaders create cultures where both staff and young people thrive.

Why? Because when your staff thrive, so do the children.

The Challenge: You feel the responsibility of your staff's well-being and the future of every young person in your care. You're juggling team dynamics, financial pressures, external scrutiny and the complex needs of vulnerable children, all while leading teaching and learning.

With tailored support, you and your team can build strong relationships, navigate challenges with confidence and make your school a great place to work and learn. If you'd like to find out how we can work together, I'd love to hear from you.

Tamara

"I left each session feeling enthused and with a determination to achieve my goals."

Karen, Headteacher

"This experience has left us more cohesive, reflective, and better equipped to work collaboratively in achieving our goals."

Ed, EYFS Leader

"I feel like I have a much deeper understanding of myself now and more confidence in what I can achieve."

Laura, SENCO

"Tamara has supported our wider staff team and the impact has been significant. It has been the best form of CPD,"

Molly, Heateacher

[\(23\) Tamara Zapple Rolfs | LinkedIn](#)



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Team Coaching and Training

Building teams that drive forward positive change together.



Improving Team Effectiveness

Great for existing and new teams to refine ways of working, set goals and have impact. Build relational trust, while addressing challenges in a supportive space. Option to align the work with a specific project or priority.



DISC Team Profiling

Enhance team dynamics with DISC profiling. Understand communication styles, reduce conflict and improve collaboration. Each member gets a personal coaching session to apply insights, strengthening team cohesion and performance.



Coaching Team Leaders

Combine team coaching with one-to-one mentoring for leaders. Ideal for those navigating challenges or transitions, this supports team leader skill-building.



Group Team Leader Training

Tailored packages for groups of middle and senior leaders who wish to develop their leadership skills collaboratively.

Workshops

Options include:

- Balancing Support and Challenge
- Values-led Leadership for the Modern Age
- Building Relational Trust in Your School
- Personal and Organisational Wellbeing
- Empowering Teams
- Negative conflict to positive conflict

Strategy Sessions

For leadership teams, governors and trusts.

- Staff Wellbeing Audit
- Staff Wellbeing Strategy



One to One Coaching

A space for reflection and growth for school and trust leaders:

- **Develop:** Strengthen leadership capabilities and skills
- **Transition:** Build confidence and clarity as you adapt to a new role
- **Build confidence:** Harness your unique talents
- **Navigate:** Tackle key challenges with a coach by your side
- **Strategise:** Build skills, manage time, be more strategic
- **Connect:** Navigate conflict and build positive, impactful relationships
- **Self-care:** Create boundaries, manage stress
- **Supervision:** A confidential safe space to meet your needs



New to Headship?

Coaching and mentoring to help navigate the first few years.



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Why work with me?



Tamara Zaple Rolfs

As an experienced executive headteacher, leadership trainer, and qualified coach, I understand the complexities, challenges and rewards of school leadership. Each school is unique which is why I offer bespoke coaching and training designed to meet your school's specific needs.



Building school cultures where staff and young people thrive.

Free no-obligation 30 minute consultation

