

Staff Comments

“This is very much part of what we do in school now... we wouldn't be without it” – Headteacher

“I felt so much stronger and better after my first session” – Senior Teacher/Governor

“Everyone comes out looking so much calmer than when they went in!” – SENDCo

“Just having the chance to step back from it all and talk to somebody who knows where I'm coming from has really helped” – Class Teacher

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Professional Support



Julie Wakeley
Educational Psychologist

What is professional support?

Teaching is a busy and demanding profession, in which there is often little dedicated time or opportunity to reflect on your practice in a supportive way. There are many benefits to this approach, such as enhanced performance at work, staff development and well-being.

Who is it aimed at?

Any member of staff working in a school or other educational setting.

Whether you are juggling the demands of a management role; looking for a better understanding of the children and young people you work with; or simply needing some time to reflect on where you are now, then this is for you.

What can I expect from sessions?

A safe and confidential space in which to reflect on work and life, with an experienced practitioner.

Sessions are entirely open, enabling us to focus on the issues that matter to you. We normally meet on a 1:1 basis, although paired/small group sessions are available when appropriate. Consultations by telephone or Skype can be arranged if preferred.

Frequently discussed issues

- Individual needs of children/young people
- Work-life balance
- Managing relationships at work
- Coping with change
- Stress/anxiety issues
- Wider life issues impacting upon work (e.g. chronic illness; bereavement).

About me

I am a trained Educational Psychologist with many years' experience of working with schools in Cornwall. Before I became an EP, I spent ten years as a teacher and then manager of a countywide team.

My aim is to apply my psychological knowledge and expertise within schools and other educational settings. In my work, I draw widely upon various psychological models, including solution focused thinking, coaching, and the humanist approach of Carl Rogers.

I adhere to high standards of professional practice, which are monitored by the Health and Care Professions Council (HCPC Reg. No. PYL 01522).