



Well-Nest

Proud Wellbeing Partner of



You became a leader to **make a difference**...but somewhere between budget meetings, staff concerns, parent complaints, and endless policy changes, you might be wondering...**when did leadership become so draining?**

You're not alone. Recent research from Australian Catholic University shows 47.8% of school principals have triggered "red flag" alerts for serious mental health concerns, with burnout at record highs.

Well-Nest understands the unique pressures of educational leadership. Our team of coaches all have educational leadership experience and offer **practical, evidence-based** coaching that helps school leaders build **sustainable practices**...because you can't pour from an empty cup.

Our approach Self → Team → Collective

Change starts with **you**, so we can build a **positive team culture**, and ultimately transform your school community.

Leading a school shouldn't mean losing yourself.

We work with a **limited number of leaders** each term to ensure personalised, high-quality support. Don't start 2026 running on empty - **book your complimentary discovery call** now to secure your spot.

START HERE!

Book your FREE discovery call



Supported 800+ school leaders across Australia



www.well-nest.com.au