



ALTAMIRA
INTERNATIONAL SCHOOL



COMMUNITY WELLBEING COACH

2023 - 2024



AIS



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1. Introduction

At Altamira International School, we are committed to creating a supportive community where the minds, hands, and hearts of our students, parents, teachers, and staff are engaged in a journey of self-discovery, purpose alignment, and holistic wellbeing. As we aspire to become an Inspirational, Innovative, and Welcoming school by 2025, the Community Wellbeing Coach plays a crucial role in realizing these goals.

The Community Wellbeing Coach embodies the mission of Altamira International School by being a catalyst for the holistic development of our community. Through initiatives promoting self-awareness, resilience, and a supportive culture, the coach ensures that every member of the AIS community, including students, parents, teachers, staff, administrators, leaders, and ex-alumni, is empowered to discover their potential and contribute meaningfully.

In line with our vision for 2025, the Community Wellbeing Coach plays a pivotal role in transforming AIS into a school where students feel empowered for life. By fostering a positive and inclusive environment, the coach contributes to the development of integral leaders with a global competitive edge, instilling in them a sense of purpose to make a positive impact on the world.

Key Responsibilities:

- **One- on - One Coaching Sessions:** Conduct **Personalized coaching sessions** with students, parents, teachers, and any community member, serving as a dedicated advocate for their wellbeing. Foster a supportive environment through individualized support plans tailored to the unique needs of each participant.
- **Support System Advocate:** Act as a dedicated advocate for the wellbeing of all community members, ensuring a holistic support system is in place for students, parents, teachers, staff, administrators, leaders, and ex-alumni.
- **Teacher Wellbeing Program - "The Joyful Educator" :** Implement a 6-month coaching program for teachers, focusing on finding tranquility and aligning their purpose with their role at the school. Provide ongoing support and resources to enhance the overall wellbeing of the teaching staff.
- **Student Empowerment Program - "Discover, Design, and Enjoy":** Develop and execute a 6-month coaching program for high-grade students, guiding them to discover themselves, design their future, and experience fulfillment.



Facilitate workshops and activities aimed at helping students identify their passions and talents.

- **Workshops and Culture Development:** Conduct workshops, adjusting for capacity, to promote teamwork, service, and compassion among the AIS community. Cultivate a culture of collaboration and empathy through tailored initiatives, fostering a positive and inclusive atmosphere.
- **Collaborative Wellbeing Initiatives:** Work closely with the Organizational Wellbeing Coordinator and the Head of Counselors to develop workshops and activities. Collaboratively design initiatives to understand the needs, opinions, and feelings of all members of the AIS community, creating a foundation for tailored action plans.
- **Community Well-being Journey Program:** The AIS Community Well-Being Journey is your path to a balanced and fulfilling life. We want you to flourish, not just in one area, but in every dimension that makes you who you are. Our journey is all about helping you become the best version of yourself, so you can thrive and make a positive impact. It's about creating a life where your well-being is integral to your success and happiness.

The AIS Community Holistic Well-Being Journey aims to empower every member of our community with the knowledge, tools, and support to enhance their holistic well-being across multiple dimensions, including spiritual, emotional, intellectual, physical, and social.

Students:

At Altamira International School, we recognize the importance of providing students with accessible and personalized support. To facilitate this, students have the flexibility to request appointments with the Community Wellbeing Coach outside the traditional counselor structure. The key distinctions in scheduling appointments are as follows:

Open Door Policy:

The Community Wellbeing Coach operates under an open-door policy, encouraging students to drop in without a prior appointment for urgent matters or spontaneous discussions.



Scheduled Appointments:

Students can request scheduled appointments with the Community Wellbeing Coach through a designated online scheduling system. This allows for more in-depth discussions, personalized support, and confidentiality.

Informal Check-Ins:

- The coach actively engages with students informally, fostering a relationship that encourages them to feel comfortable seeking support. This can include casual check-ins during breaks or organized drop-in sessions.

Targeted Wellbeing Programs:

- In addition to individual sessions, the Community Wellbeing Coach may organize group programs and workshops where students can engage collectively in discussions related to wellbeing and personal growth.

Visible Presence:

- The coach is visible and approachable within the school community, participating in events and activities, further encouraging students to reach out whenever needed.