



Teacher Wellbeing Webinar 1: Looking After Yourself

AUDIENCE
All Staff

DURATION
60 minutes

FORMAT
Online Webinar

ABOUT THIS WORKSHOP

This Teacher Wellbeing Webinar is an opportunity for staff to put themselves first.

Presented to you and other schools, this webinar will:



Support staff to reflect on their current self-care practices.



Equip staff with ways to apply Gratitude, Empathy and Mindfulness (GEM) principles and healthy habits in their own lives.



Help staff to create an individual plan of practical strategies to put in place to improve their own wellbeing.