



## Teacher Wellbeing Workshop 1: Looking After Yourself

**AUDIENCE**  
All Staff

**DURATION**  
60 minutes

**FORMAT**  
In-Person Workshop

### ABOUT THIS WORKSHOP

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

Participating in this session 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.