

A photograph of two men in a warm embrace. The man in the foreground is older, with grey hair and glasses, wearing a light-colored button-down shirt. The man behind him is younger, with dark hair and glasses, also wearing a light-colored shirt. They are both smiling and looking towards each other.

## Teacher Wellbeing Workshop 2: Looking After Each Other

**AUDIENCE**  
All Staff

**DURATION**  
60 minutes

**FORMAT**  
In-Person Workshop

### ABOUT THIS WORKSHOP

This Teacher Wellbeing Workshop is designed to **build stronger connections** amongst staff - knowing that these relationships are a key protective factor for stress and burnout.

Participating in this session will:



Equip staff with simple strategies to build trust within the workplace.



Encourage staff to listen with empathy and be vulnerable with each other.



Strengthen workplace relationships through meaningful connection.