



Teacher Wellbeing Workshop 3: Sharing Success

AUDIENCE
All Staff

DURATION
60 minutes

FORMAT
In-Person Workshop

ABOUT THIS WORKSHOP

This Teacher Wellbeing Workshop will give school staff the opportunity to take a deep dive into the learnings from the first two sessions around looking after themselves and others.

Participating in this session will:



Allow staff to walk away with a host of practical ways to care for their personal wellbeing at home and in the workplace.



Enable participants to build trust, show vulnerability, and listen with empathy to continue the important work of strengthening connections within the workplace.



Provide rich discussion and dedicated time to share best practice with each other in small groups and as a whole staff.