

Teacher Wellbeing Workshop 1: Looking after yourself

WHO'S INVITED?
All Staff

DURATION
60 minutes

WHERE?
In-Person Workshop

ABOUT THIS WORKSHOP

When you thrive, so do the people around you. This Teacher Wellbeing Workshop is your opportunity to pause and prioritise your own wellbeing.

Join fellow educators for this practical presentation designed to:



Support you in reflecting on your current self-care practices.



Equip you with ways to incorporate Gratitude, Empathy and Mindfulness (GEM) and healthy habits into your own routine.



Help you create a personalised plan of simple strategies to support and improve your overall wellbeing.

