

Come along to a Staff Presentation!



Teacher Wellbeing Workshop 2: Looking After Each Other

WHO'S INVITED?
All Staff

DURATION
60 minutes

WHERE?
In-Person Workshop

ABOUT THIS WORKSHOP

Understanding that team connection is a key protective factor for stress and burnout, this second Teacher Wellbeing Workshop is all about **building stronger relationships with your colleagues**.

Participating in this session will:



Equip you with simple strategies to **build trust** within your team and workplace.



Encourage you to **practice empathetic listening** and explore the **power of vulnerability** with your colleagues.



Strengthen workplace relationships through meaningful connection.

SCAN FOR MORE ABOUT
THE RESILIENCE PROJECT™

