



# Wellbeing for All Online Staff Wellbeing Toolkit

September 2020



# Teaching & the impact of COVID-19

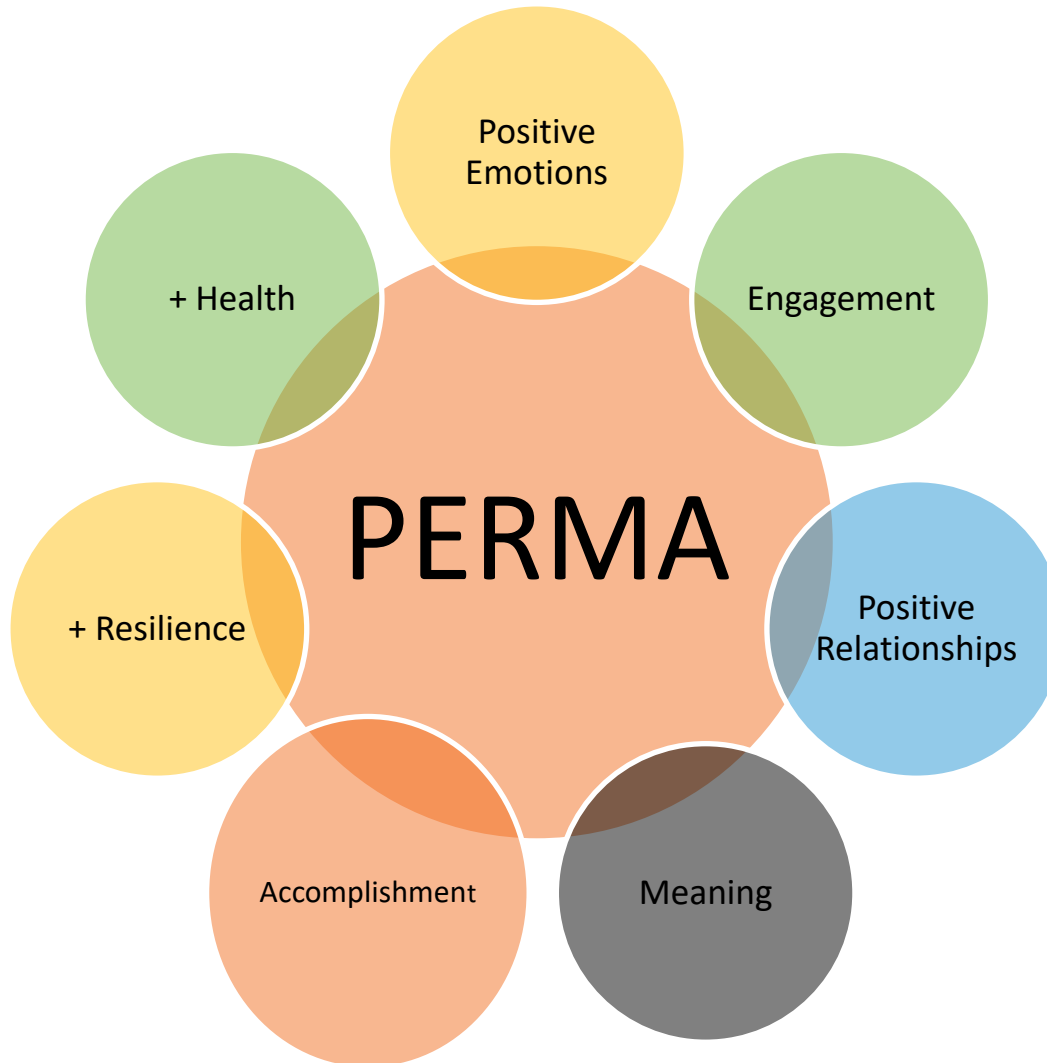
- It is draining. Exhausting. Time consuming. The work never stops.
- It's definitely added significantly to my workload and taken the holiday time that would normally provide some respite, meaning I am closer to burnout than ever.
- I struggle to sleep at night for thinking about work all the time. I'm very stressed and anxious; my physical health has been impacted.
- **It has challenged everything I enjoy about teaching.**
- All the teachers I work with are **EXHAUSTED** beyond measure.

# What does wellbeing mean to you?

Is  
resilience  
over-rated?

Should  
happiness  
be the  
goal?

Can stress  
be  
avoided?



# What are the aims of the programme?

1. To enable individuals to take a **proactive approach** to their own wellbeing and develop the mindsets and behaviours which will support them through challenging times.
2. To enable professional **communities** to work collaboratively to more effectively support one another's health and wellbeing.
3. To contribute to **improved student outcomes** through enhancing staff engagement, wellbeing and connectivity.

# How does it work?

- 5 Modules
  - 15-minute expert video tutorial followed by a 45-minute interactive peer learning session.
- The modules are designed to be rolled out at a convenient pace & place determined by the school.
- Prior to commencing the programme, schools nominate one or more senior staff members to act as Toolkit Leaders.
- Toolkit Leaders facilitate the peer learning sessions and provide a project management role throughout the programme.
- LMS platform includes additional resources.

# What are the modules?

1

- The Critical Importance of Health & Wellbeing

2

- Know Thyself: Addressing and Overcoming Challenges

3

- Building & Developing Resilience

4

- Mastering the Art of Influence & Wellbeing

5

- Career & Professional Wellbeing

# What support is AISA providing?





# How will we know it's useful?

- Warwick-Edinburgh Mental Wellbeing Scale
- 8-short item Short Measure of Workplace Social Capital
- Case Study – AISA specific

# What to consider for my school?

- Toolkit leader(s)
- Size of cohorts
- Participant's
- When/where
- Pace of programme
- Number of toolkit leaders
- Context
- Cost:
  - School Discount: US\$1,810 for 26 up to unlimited number of staff
  - Per Person: US\$69. Min 5 staff per school

# What next?

- Sign up (and pay) with NESLI here: <https://www.nesli.org/aisa.html>
- If your school is part of AISA's Small Schools Initiative – AISA will reimburse the NESLI fees (send us your receipt)
- Sign up for the AISA support here:  
<https://www.surveymonkey.com/r/AISAW4ALL>
- Think about how many groups you might want to offer this programme to at your school or who might be good initial participants
- Allocate one or more Wellbeing Toolkit Leaders for each group
- Have them attend the first AISA Toolkit Leader Practice Group:  
— **Tuesday 29<sup>th</sup> September, 11.00GMT**