

Supporting Staff Wellbeing in Schools

The aim of this two-module course is to help school staff understand the importance of being aware of their own mental health and wellbeing, and the kinds of behaviours they can adopt to encourage a positive workplace culture.

The modules in this course will cover the following content:

1. Mental health and wellbeing

Module one explores what mental health and wellbeing are, the signs and symptoms of some common mental health problems and the cost of mental health on individuals, schools, and the economy.

2. Creating a culture of positive staff wellbeing

Module two explores what an individual can do to support their own wellbeing and how the school can create a culture of positive staff wellbeing.

Scenarios and introspective questions offer learners additional opportunities to think about their understanding of being a supportive work colleague and consider practical ways they can look after their own wellbeing.

A questionnaire at the end of each module will test your knowledge, and the pass mark is 70%. Upon your successful completion of '**Supporting Staff Wellbeing in Schools**' you can download a personalised certificate. The completed course equates to 2 CPD credits.

There is optional narration of the course and questionnaire for accessibility, as well as printable modules for future reference.