

Staff Wellbeing for International Schools

Staff wellbeing is of critical importance to schools, and whether you want to focus on your own wellbeing or are looking out for your colleagues, you will find information, guidance and support in this course. It considers the meaning of wellbeing, its impact on individuals and the workplace, common mental health issues and the causes of work-related stress. The course also explores what positive staff wellbeing means in practice, and how you can help to create it for yourself and your school.



Course details

- Two modules with two multiple-choice questionnaires
- Two CPD credits*
- Optional narration of the course modules and questionnaires for accessibility
- Personalised downloadable certificate
- 70% pass mark
- Printable modules for future reference

*1 CPD credit equals up to 1 hour of learning

Course content

Module 1

Mental Health and Wellbeing

The meaning of mental health and wellbeing

- Good mental health and wellbeing: more than just an absence of illness
- The Five Ways to Wellbeing model
 - Connecting
 - Being active
 - Taking notice
 - Keeping learning
 - Giving

Common mental health problems

- Depression, anxiety and stress: factors and symptoms
- Other mental health conditions

Work-related stress

- Six factors that contribute to work-related stress
- The effects of work-related stress, including the additional pressures for international staff and the effects of Covid-19

Module 2

Creating a Culture of Positive Staff Wellbeing

Taking a holistic approach

Keeping yourself healthy

- Suggestions for keeping healthy, in and out of school using the Five Ways to Wellbeing

Supporting colleagues

- The stress vulnerability bucket: a model to explain how stress can build up and be relieved
- Breaking the stigma: creating an open and supportive environment

Senior leadership teams and governing bodies

- The key areas in which the SLT can make a difference
- Collecting, inputting and monitoring data
- Other responsibilities of the SLT

This course is suitable for

Anyone working in any role in international schools with an interest in their own wellbeing and that of their colleagues. There are specific references for senior leaders and governing bodies.

Mental health and wellbeing 1

What is mental wellbeing?

The Five Ways to Wellbeing model looks at different components of wellbeing. To achieve wellbeing an individual needs success in each of the elements, and they are all equally important. i

Click the blue icons to read a description of each element. Think about how fulfilled you feel for each element, and what else you would like to achieve.



Connect
Making time for relationships with friends, family and colleagues and elsewhere within your community.

Type here anything else you would like to achieve.



Click to rate how fulfilled you feel for this element.



Key features

- Visually engaging and highly interactive
- Answer explanations for those who achieve the pass mark
- Additional resources to expand learning



Senior leadership teams and governing bodies 4

The following section looks at the key areas that were discussed in module one and follows a teacher called Shireen through various scenarios which show the difference that SLT can make. Click the arrows.



Support

How much support do staff get? For example, are the senior leadership team supportive in managing classroom behaviour, and do staff feel able to ask their colleagues if they need help? ➔

Shireen feels fully supported by SLT when she is managing behaviour and other classroom issues. The behaviour policy is clear and is understood by staff, pupils and parents. ➔



Question 9



If you are feeling stressed at work, what ways can you reduce your stress levels?
Select five answers.

- a) Go for a walk
- b) Catch up with friends
- c) Watch a movie whilst eating chocolate
- d) Discover a new hobby
- e) Do something kind for someone else
- f) Have a glass of wine/beer
- g) Go to the gym
- h) Isolate yourself so you don't need to socialise with anyone and expend energy



Why choose us?



“ I found the course extremely useful. It is user friendly. I learned a lot and I enjoy the questionnaires because they consolidate important knowledge. Usually, the amount of information is just right: I don't feel overwhelmed and I am able to retain key points & procedures. ”

Angela Zerva, Year 3 class teacher
St Catherine's British School of Athens

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