EduCare® Part of tes

Supporting Staff Wellbeing in 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.



- 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
- Five ways to wellbeing:
 - Connecting
 - Being active
 - Taking notice
 - Keeping learning
 - Giving

The cost of mental health problems.

- Staff turnover, sickness absence and reduced productivity
- Costs to schools and individuals
- Common mental health problems.
- Depression, anxiety and stress: factors and symptoms
- Other mental health conditions
- Work-related stress.
- What defines work-related stress
- The causes of work-related stress
- The effects of work-related stress

This course is suitable for

Creating a Culture of Positive Staff Wellbeing

Taking a holistic approach.

Keeping yourself healthy

Suggestions for keeping healthy, in and out of school

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.

- Responsibilities under the Heath and Safety at Work Act
- How SLT can make a difference
- The expectations of Ofsted and Estyn

Scenarios.

 Scenarios describing situations where staff wellbeing is at risk, encouraging reflection on the material covered by the learning

Signposting support.

 Organisations and websites offering advice and support

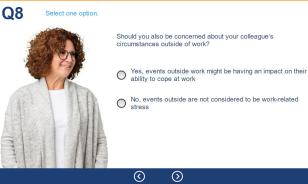
Anyone working in any role in schools with an interest in their own wellbeing and that of their colleagues. There are specific references for senior leaders and governing bodies. Page 1 of 2





Module 2





Key features

- Visually engaging and highly interactive
- Answer explanations for those who achieve the pass mark
- Additional resources to expand learning
- Scenarios to embed learning and help transfer learning back to real life.

Purchase options

- Available as a standalone course on the EduCare website. 1.
- Buy as part of one of our multi-course licences. For further 2. information, please call 01926 436212 to discuss purchase options and licences.



Why choose us?



The EduCare training modules include a wide variety of sources of information and a very current view of the issue. They are the fastest and most thorough way of accessing information for myself or my team.)))

> Alexandra Ihringova Student Support Coordinator Burntwood School





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