



School Staff Wellbeing Toolkit


An accessible and measurable approach to improving staff wellbeing and social capital




 **Level** Suitable for all school staff

 **Ideal for** Groups

 **Gender** All genders

 **Duration** 5 Modules, self-paced

 **Delivery** Self-facilitated in your school

 **Professional Learning** The program provides the equivalent of 10 professional learning hours for participants, and 20 professional learning hours for toolkit leaders

About the program

The School Staff Wellbeing Toolkit is a group development program that delivers measurable improvements in individual wellbeing and shared social capital, with a powerful all-of-staff approach.

Self-paced and facilitated by a nominated Toolkit Leader from the staff group, the unique program offers school communities a way to work together to address common issues and challenges. Through increasing collaboration and trust, the program builds social capital enabling staff to be more supportive of one another and function more effectively as a community.

By building internal capability to champion and lead wellbeing initiatives, schools are able to drive meaningful, long term improvements without relying on costly external resources.

Participant profile

This program is designed for all school staff.



Program Outcomes

Individuals develop a proactive approach to their own wellbeing

Teams and groups work collaboratively to support each other's wellbeing

Understand mindsets and behaviours that supports wellbeing during challenging times

Improved student outcomes because of enhanced staff engagement and wellbeing



Program experience

The School Staff Wellbeing Toolkit is a self-paced and self-facilitated development program designed to dovetail with existing school forums such as regular staff meetings.

Supported by an online learning portal, each module comprises:

- Expert video tutorials - 15 min
- Peer learning sessions - 45 min
- Tools and resources

Program Modules

The critical importance of health and wellbeing

Know thyself: addressing and overcoming challenges


Building and developing resilience


Career and professional wellbeing

Mastering the art of influence and wellbeing

Enquiries & enrolments

Contact us for a tailored proposal that meets your organisation's needs.

 1300 138 037

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I'm pleased because the Toolkit has improved the wellbeing of those staff who participated - our results indicate as much. Staff wellbeing was one of our focuses for this year – it is a focus every year of course, but we wanted to attempt something more direct. Naturally, the improvements in wellbeing have significant ongoing benefits for the learning community, which makes for a happier school and an easier life for me.

Matthew Green
Principal, Our Lady of the Sacred Heart Catholic College

