Teacher Wellbeing Webinar 1

Looking After Ourselves

Look after yourself so you can give your best to work and life.

Teaching is one of the most rewarding professions, but it's also one of the most demanding. With teacher burnout and attrition rates climbing, and depression and anxiety higher than in the general population, supporting teacher wellbeing has never been more important. This webinar equips teachers with practical self care tools, empowering them not just to get through each day, but to thrive in their careers and lives.

What to expect

This one-hour webinar provides an opportunity for teachers to pause and focus on their own wellbeing by:

- Reframing current beliefs about stress and how it shows up in their bodies and behaviours.
- Discussing what self care is (and isn't) and why it's so important to make time for it, especially as teachers.
- Learning simple and effective ways to build habits of Gratitude, Empathy and Mindfulness (GEM) that integrate into everyday routine.
- Creating a personalised plan for themselves with practical self care strategies to enhance their mental wellbeing and proactively address any barriers to practising.