

Supporting Staff Wellbeing in Schools and Colleges

Timetable

14:00 – 14:20 **Introduction**

- What is mental health and wellbeing?
- What is the relationship between education and mental health?
- Current context of mental health difficulties

14:20 – 15:20 **Supporting Staff Wellbeing in Schools**

- What do we mean by staff wellbeing?
- Measuring staff wellbeing: ten steps towards school staff wellbeing
- What can be done to support staff wellbeing? What is Targeted Support?

15:20 – 15:40 **Refreshment break**

15:40 – 16:40 **Supporting Staff Wellbeing in Schools – continued**

- What can support staff wellbeing? Universal Support
- Group project: Developing a proposal to support staff wellbeing in your setting

16:40 – 17:00 **Closing**

- Resources and Signposting
- Q&A