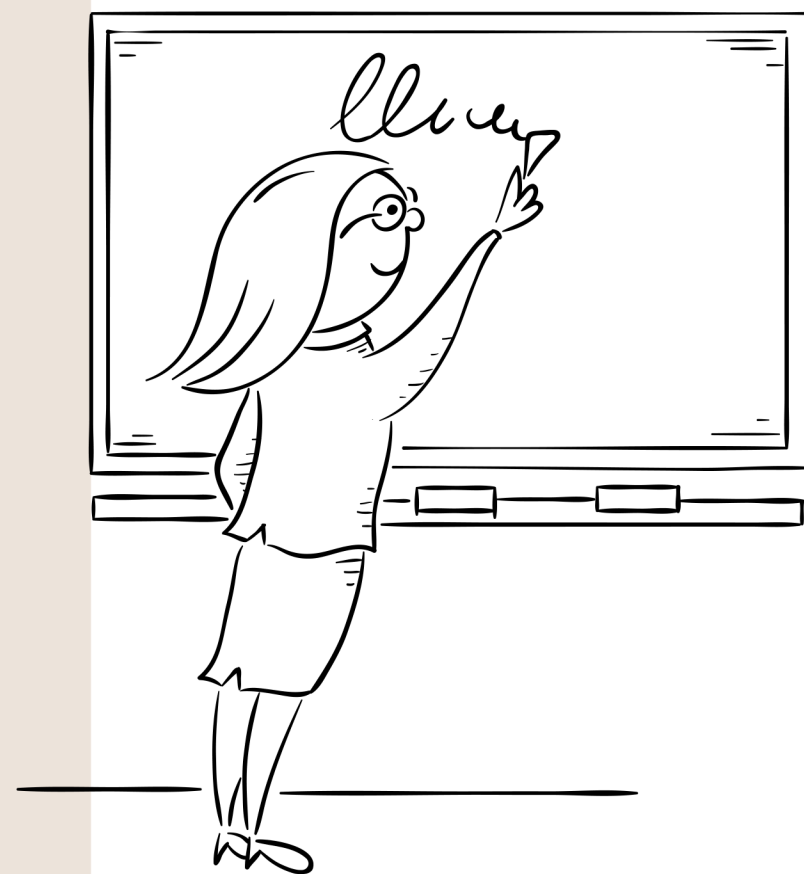




Nurturing Brilliance; Why Teacher Wellbeing Matters



By Amy Green
The Wellness Strategy





Welcome.

Are you ready to flip the script?



Amy Green
The Wellness Strategy





From here...

- Blaming
- No Responsibility
- Poor Habits
- Working hard was successful



Amy Green
The Wellness Strategy



To here...

- Acceptance
- Ownership
- Aligned actions
- Comfortable prioritising rest



“

It's time to re-think
wellbeing.

Amy Green
The Wellness Strategy





What is Wellbeing?



What is Teacher/Staff Wellbeing?



Who is Responsible?



Amy Green
The Wellness Strategy



“

What is Wellbeing?

Amy Green
The Wellness Strategy





We are all chasing
something; we just
don't know what it is.



Amy Green

The Wellness Strategy





What is wellbeing?

The WHO constitution states:

"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

*Mental health is a state of well-being in which an individual **realizes his or her own abilities**, can **cope with the normal stresses** of life, can **work productively** and is able to make a **contribution to his or her community**.*



Amy Green

The Wellness Strategy

<https://www.who.int/data/gho/data/major-themes/health-and-well-being>





1. Decide what wellbeing is to you.



Amy Green
The Wellness Strategy



66

What is Teacher/Staff Wellbeing and Why Does it Matter?

Amy Green
The Wellness Strategy



What the research says...

Teacher Retention

Job Satisfaction

Impact on Student Learning

Teacher Effectiveness

Mental and Physical Health

Teacher-Student Relationships

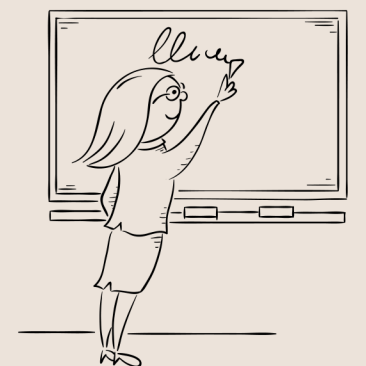
School Culture and Climate

Professional Development and Growth



Amy Green

The Wellness Strategy



“

Teachers are the heartbeat of any educational ecosystem. When they are at their best, their positive energy resonates throughout the school, reaching every student, every colleague, and every parent.

Amy Green
The Wellness Strategy



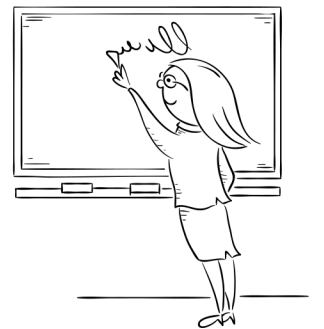


We made some mistakes...

- We collected a lot of data.
- We waited for the system to change.
- We let rock bottom become normal.
- We put everyone in the same box.
- We underestimated the autonomy we have.



Amy Green
The Wellness Strategy



“

It's time to re-think
wellbeing.

Amy Green
The Wellness Strategy



66

What we need are
pragmatic, co-designed,
achievable strategies.

Amy Green
The Wellness Strategy



Everyday Wellbeing

&

Workplace Wellbeing

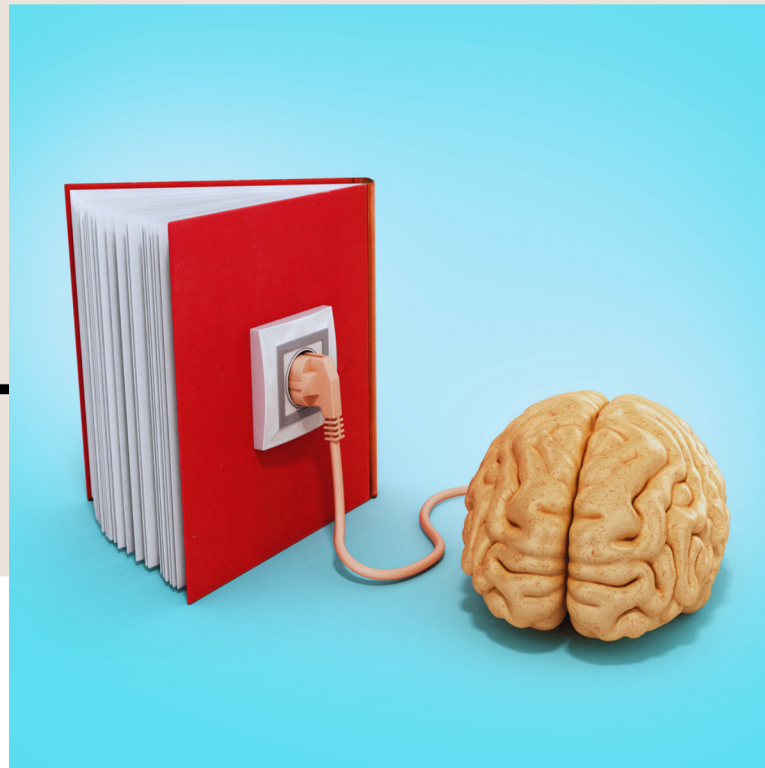


Amy Green

The Wellness Strategy



Everyday Wellbeing



Energy and
Function



Resilience



Emotional
Regulation



Workplace Wellbeing



Productivity

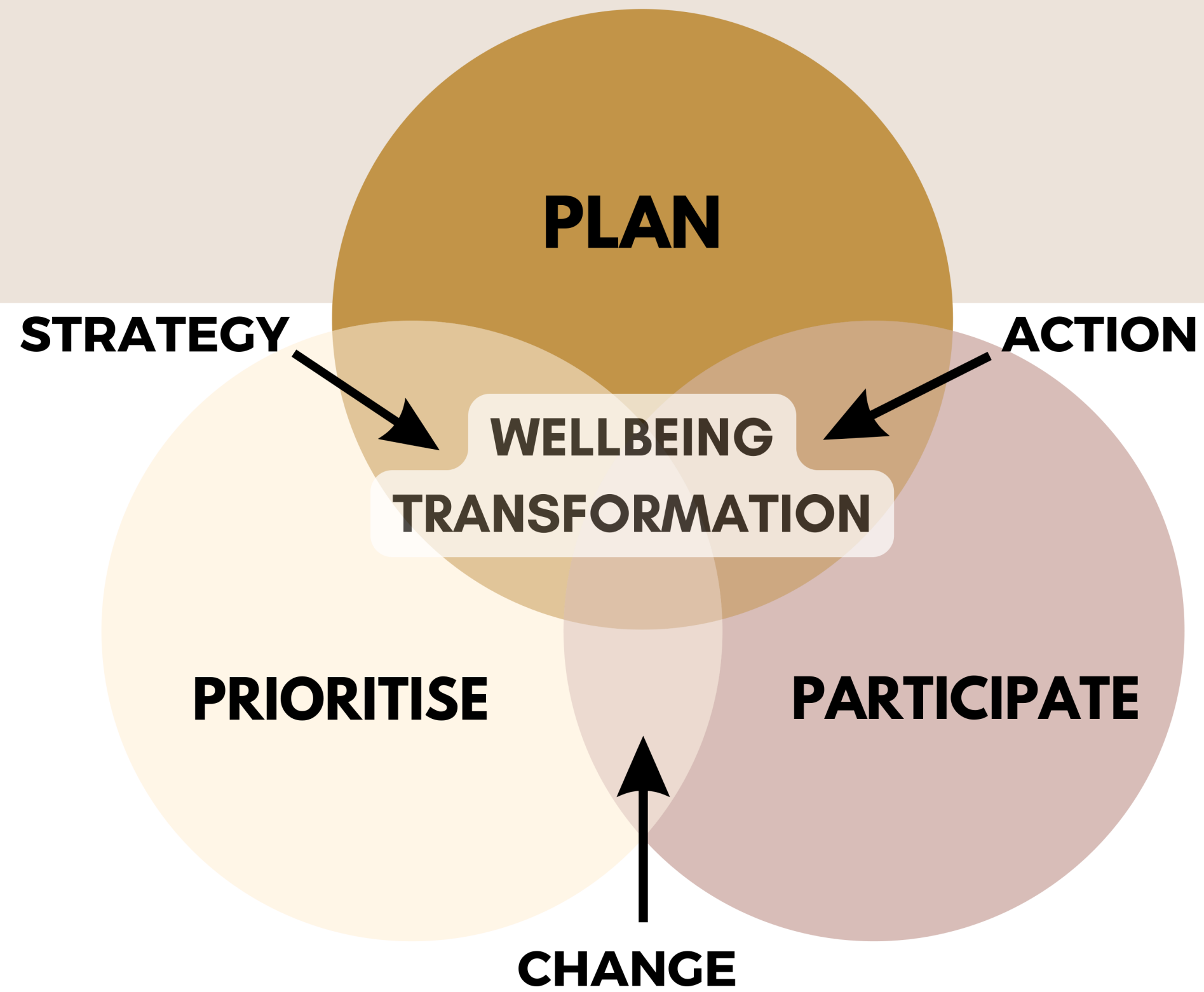


Engagement



Performance
and Growth





Amy Green
The Wellness Strategy





2. What's stopping you?



Amy Green
The Wellness Strategy



66

Who is responsible?

Amy Green
The Wellness Strategy





ME



YOU



THEM



US





Leadership starts at the top.



Amy Green
The Wellness Strategy

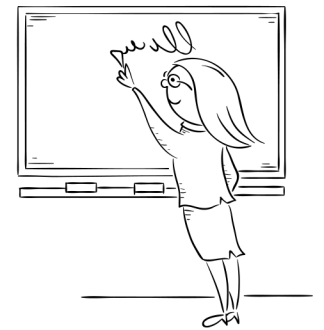




Leadership belongs to us all.



Amy Green
The Wellness Strategy



Creating a Wellbeing Culture

SYSTEMS, STRUCTURES, PROCESSES

PERFORMANCE AND GROWTH

SETTING BOUNDARIES

PRODUCTIVITY

SAFE AND CARING CULTURE

POSITIVE RELATIONSHIPS

SPEAK AND SEEK

SPEAKING AND SEEKING

COLLECTIVE EFFICACY

ENGAGEMENT

WORKPLACE

TEAM

EVERYDAY WELLBEING

BUILDING SELF-AWARENESS

SELF-EFFICACY

INDIVIDUAL



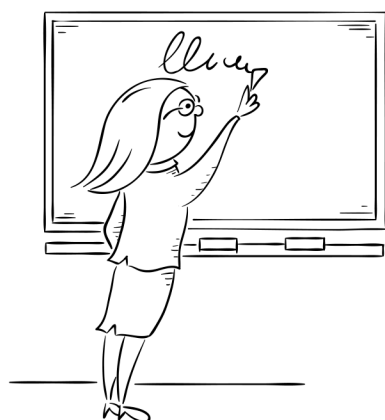
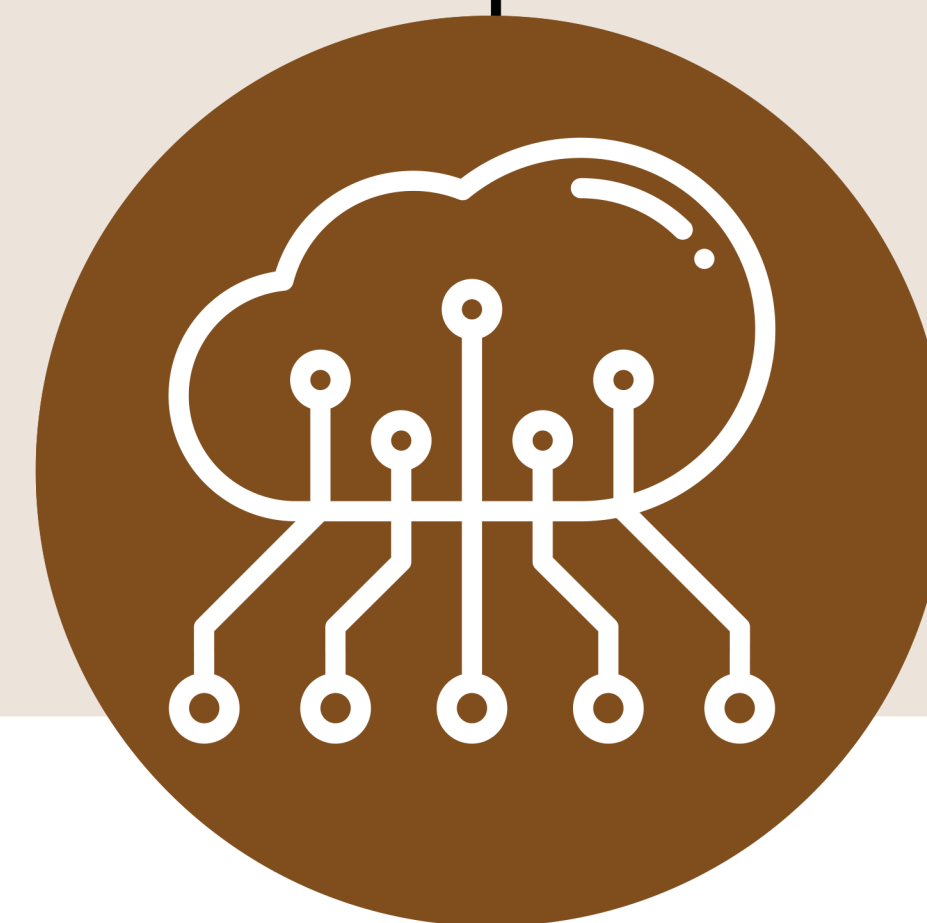
Build a culture of speak and seek.



Amy Green
The Wellness Strategy



See everything as data.



Amy Green
The Wellness Strategy



Even this...



Amy Green
The Wellness Strategy



From my research...

Structured, supported, and uninterrupted time to plan.

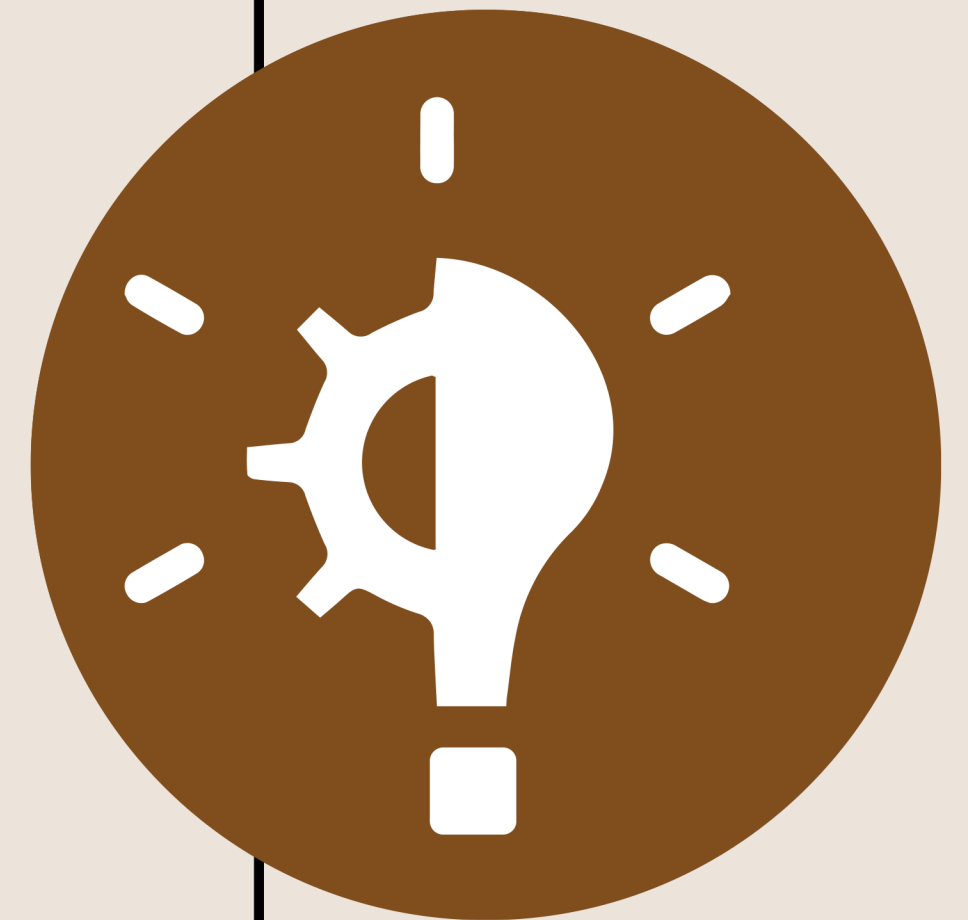
A clear vision.

Minimal disruptions and last-minute changes.



Amy Green

The Wellness Strategy



But most importantly...



Amy Green
The Wellness Strategy



“

Don't let someone else
decide your wellbeing.

Amy Green
The Wellness Strategy





GET IN TOUCH

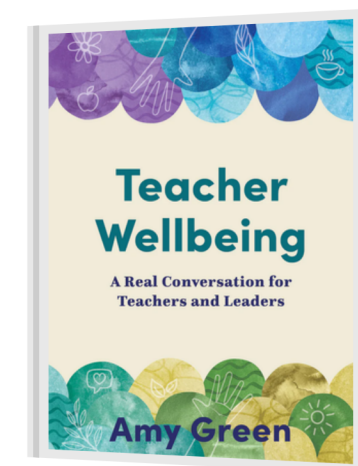
✉ hello@amygreen.com.au

🌐 www.thewellnessstrategy.com.au

📷 @_thewellnessstrategy

in Amy Green

Thank You



Join Our
Mailing List

