Educators’ Wellbeing Toolkit
Supporting staff in education

Te tautāwhi kaimahi i te ao mātauranga

Content overview
The Wellbeing Toolkit engages participants in a collaborative exploration of wellbeing and social capital. Each of the five modules include an expert tutorial, peer learning sessions and a range of interactive tools and resources.

Module 1: The critical importance of educator health and wellbeing
• Explore current research and trends
• Recognise basic stress responders
• Describe wellbeing in personal terms
• Complete an initial wellbeing self-assessment

Module 2: Know thyself - addressing and overcoming challenges
• Unpack psychological and physical effects of stress and anxiety
• Identify personal stress and overload markers
• Apply practical brain tools and coping strategies

Module 3: Building and developing resilience
• Define resilience in personal terms
• Build personal and team resilience
• Describe the 4 R’s of resilience: reality, reframe, refocus, rituals
• Apply a plan to maintain physical, mental, emotional and spiritual wellbeing

Module 4: Mastering the art of influence and wellbeing
• Describe the ‘how’ of behavioural change
• Find out how mindsets impact and influence others
• Identify and build on ‘tiny habits’ for own and others’ wellbeing

Module 5: Career and professional wellbeing
• Relate professional elements to personal wellbeing
• Discover your own ‘sweet spot’
• Practically apply the PERMA model
• Identify career planning that could be beneficial from a wellbeing perspective.

Learn more: core-ed.org/wellbeing-toolkit or wellbeing@core-ed.ac.nz