

Staff wellbeing and Reducing Workload

Tuesday 12th March 2019

16:00—18:30

Hollingworth Academy

Trainer: Iridium Education

Audience: All Secondary staff, particularly SLT, HODs and those responsible for HR

This session will look at ways to improve staff well-being, leading to an increase in performance.

This session will be broken down into three areas:

Session A: Understanding triggers of poor mental health

- Resilience checklist
- Defining stress
- Stress bell curve

Session B: Strategies to maintain a healthy work-life balance

- Improving organisation
- Time wasters & Time Savers
- Prioritising and eliminating
- Marking and feedback
- Report writing

Session C: Well-being strategies to improve performance

- Knowing yourself
- Rewarding yourself
- External help
- Mental Health 1st Aid

