

Suggested Activity 1:

From individual to workplace

Provide a safe environment

This activity isn't designed to focus on individual educator wellbeing experiences. But it's important to be mindful of the safety of participants. Ensure you create a safe environment for people to speak freely.

Before starting the discussion, ensure everyone knows they have access to support and how to access it. You may like to share the contact details for your organisation's Employee Assistance Program or [this list of mental health services and support helplines](#).

Audience

Leaders and Action Teams.

Run time

Be You suggests you spend one hour on this activity. This time can be adapted to suit your context and needs. For example, you may deliver this activity in short, separate stages, on its own as part of a staff meeting or be part of a longer professional development session.



Activity

1. Watch the 'Building educator wellbeing through mentally healthy learning communities' (15 minutes) video.



This clip features highlights from a Be You Virtual Conference session. You can [watch the full 50-minute session here](#).

2. Reflect on these questions and how they apply to your learning community as a workplace. There are no wrong answers.
 - How has your learning community promoted individual self-care in the past?
 - What might educator wellbeing look like if we focus on creating thriving workplaces?
3. Brainstorm the responses with your Action Team using butcher paper, post-it notes or an online collaboration space.

Follow-up activity

Share the video and reflective questions with educators at a meeting or as part of a professional development session. To encourage open discussion, you may like to share some of the insights from the leader or Action Team reflections.

Ensure you provide a safe sharing environment for all participants.