

Rethinking Wellbeing: Making Schools Great Worplaces



With Amy Green

It's time to
re-think
wellbeing.

**What Is
Wellbeing
at Work?**

**What Isn't
Wellbeing
at Work?**

Wellbeing Definitions

We looked at the difference between subjective and psychological wellbeing, a definition from the world health organisation and my framework. Please refer to either of my books for more information on these.



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.

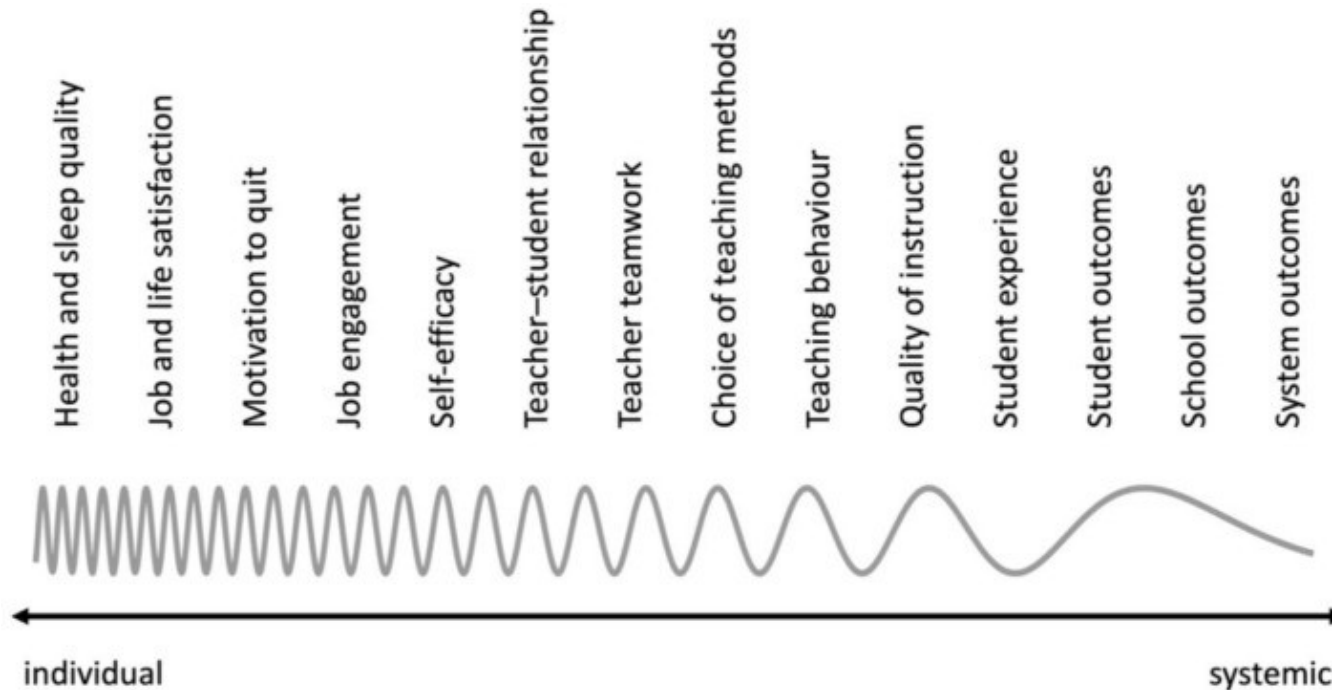
Note: There are 10 mistakes in each of my books. These chapters are available for FREE download on my website.

What the Research Says:

On the outcomes of teacher wellbeing: a systematic review of research - Benjamin Dreer 1,*

Front Psychol. 2023 Jul 27;14:1205179. doi: 10.3389/fpsyg.2023.1205179

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Dreer.



Spectrum of the potential outcomes of teacher wellbeing.

A School Becomes A Great Workplace When We Develop These 4 Areas



Feel well



Work well



Team well



Lead well

Note: These are unpacked in detail in my second book 'Wellbeing Leadership'.

FREE DOWNLOAD

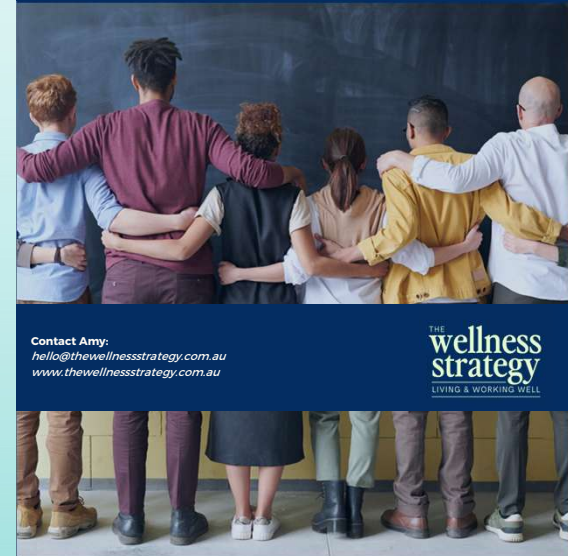
**What ideas could
help your school?**



15

Unconventional

**Ideas Schools Are Using to
Elevate Staff Wellbeing that
You Won't Expect**



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**Don't let someone else
decide wellbeing for you or
your staff. Instead, be open,
curious and ready to do
things differently.**



GET IN TOUCH

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 Amy Green

Thank You

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