

Staff wellbeing: where to start

Use these tools to start your school's staff wellbeing journey. You don't need to do them in any particular order, pick the ones that work for you. Download the tools from: educationsupport.org.uk/tools or scan the QR code below.



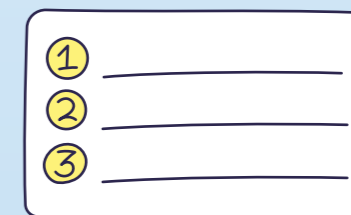
3-2-1 tool: quick reflective exercise

Reflect on where your school is on its wellbeing journey and ask 'what next?'



Staff survey template

Understand what is driving good and poor mental health amongst staff at your school.



Staff wellbeing plan

Use our template to develop a plan and take action to improve wellbeing of all staff at your school.

1

3

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Staff wellbeing audit tool

Assess your current policies and processes for supporting staff. Spot gaps and make improvements.



Psychological safety audit

Create a culture where staff feel trusted and can perform at their best without risking their wellbeing.

