

Teacher Self Care Package

Helping Teachers to Help Themselves



THE NEED

- It has been a really tough couple of years for the education sector.
- Teachers have been asked to go above and beyond their normal duties.
- Teachers are burned out and need support.

THE SOLUTION

- We provide a free 8 week program which takes teachers through one topic per week to provide a mix of self and professional development.
- These topics have been chosen to counteract the obstacles resulting from the pandemic and help teachers to Flourish.

WHAT'S INVOLVED

- Teachers need to spend approximately an hour per week to ensure that habits can be formed and learnings absorbed.



LEARN



LIVE



LEAD

- For each topic, we enable the teacher to:
 - Learn – develop knowledge of the topic.
 - Live – practical steps to apply learning.
 - Lead – reinforce so as to teach others.



OUTCOMES

At the completion of the program, teachers will achieve:

- Wellbeing knowledge to apply in day to day life
- Skills to help self, family, friends and students
- Professional development hours
- A certificate of completion