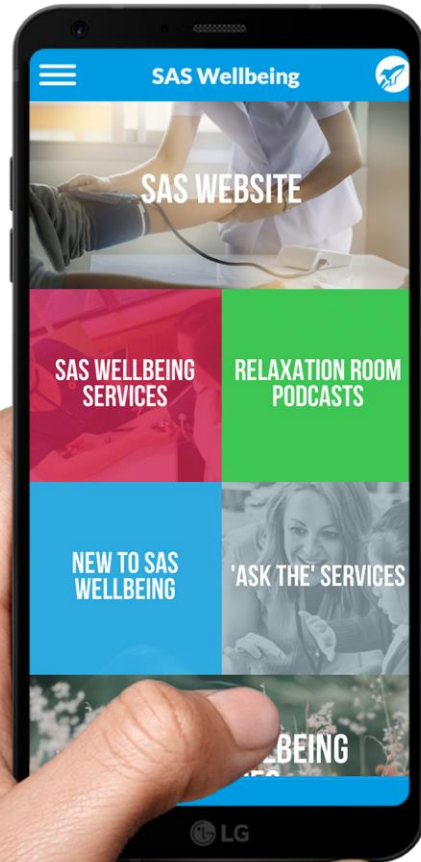


HOW DOES SCHOOLS ADVISORY SERVICE SUPPORT WELLBEING?



We support all staff named in a policy through our App.

Counselling, physiotherapy, nurse and GP support, stress awareness, weight management, private medical operations, Cancer and chronic illness support, mindfulness, menopause support.



Android



Ipad

Schools Advisory Service:

Trigg House, 11 Maisies Way, South Normanton, Derbyshire DE55 2DS [01773 814400](tel:01773814400)

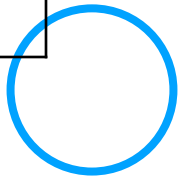


SO WHAT FACTORS AFFECT YOUR WELLBEING?



Possible factors affecting flourishing for you....

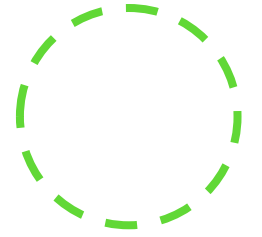
School Based	Home Based	External Factors



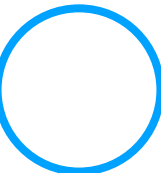


HOW ARE YOU GOING TO CHANGE THIS?

PICK ONE FACTOR TO CHANGE



	Solutions....
School based	
Home based	
External	

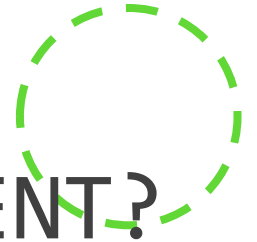




A PERSONAL AUDIT AND PLAN

Sleep	Where am I now?	Green Amber Red	How can I improve this?
Exercise	Where am I now?	Green Amber Red	How can I improve this?
Fuel	Where am I now?	Green Amber Red	How can I improve this?
Relaxation	Where am I now?	Green Amber Red	How can I improve this?





SO WHAT WOULD YOUR THREE IMAGES REPRESENT?

3 MINUTES TO WRITE THEM DOWN

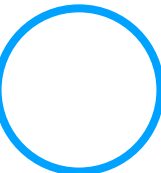
THEN CREATE A MONTAGE AND DISPLAY IT IN YOUR OFFICE!

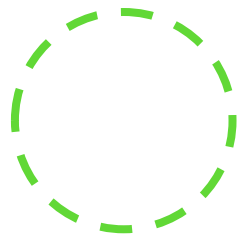
1)

2)



3)





STAFF WELLBEING - BASIC PRINCIPLES

Autonomy + Mastery + Purpose
(Daniel Pink – Drive)

Autonomy

Having control over what we do and how we do it.

Mastery

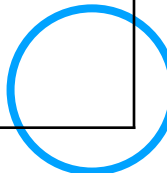
Being in a position to be constantly improving ourselves and our skills to do what we do.



Purpose

Working on something that feels worthwhile and is making a difference.

How could autonomy in your role be improved?	
What PD would help to improve your mastery and effectiveness?	
How will you enhance your sense of purpose?	





SO WHAT IS YOUR PERSONAL WELLBEING PLAN?



What are you going to do to look after you?

What three things?

1)

2)

• 3)

