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Ways to Wellbeing for Townsville Education Leaders

This resource has been developed in a collaborative process with members of the Townsville Education Leaders community. Thank you to everyone involved.



1. Appreciating the education environment

The way we feel about our workplace will impact our wellbeing.

- establish a team approach and shared responsibility for creating an inclusive community.
- promote a culture of high expectations that is everyone's business.
- lead with an appreciative mindset, sharing the positive and showing gratitude.



2. Enhancing connectedness

Human beings need to belong, and we benefit from a sense of connectedness with those around us. Understanding what motivates our behaviour builds satisfying relationships.

- connect with community through a shared vision and moral purpose.
- be visible and welcoming in the teaching and learning environment.
- establish collaborative safe structures to promote community connection.



3. Building capability

Building capability may be considered in the context of skills and knowledge, it is also about building self-agency and freedom.

- maintain an appreciative growth mindset and have the courage to redirect priorities.
- be honest with yourself and work on areas for improvement.
- build networks and relationships aligned with values and goals.



4. Continuous improvement

Focusing on wellbeing in the learning space is not a set and forget approach. It is a journey assessing what is working and acting on what is not working.

- give yourself permission to step back and do something that brings joy.
- develop strategies to support transitions between tasks/environments.
- know when to lead and whether to lead from the front, beside or behind.



5. Encouraging brain health

Good brain health is about realising your abilities and optimising your cognitive, emotional, psychological, and behavioural functioning to cope with life situations.

- develop strategies to achieve the five areas of brain health: sleep/relaxation, meditation, healthy diet, regular outdoor exercise, social interaction.
- engage in interesting and thought-provoking conversations.
- develop strategies to minimise stressors and triggers.



6. Coaching for success

Coaching for success is about self-efficacy as well as coming together to share and collaborate with others.

- identify evidence of success and take responsibility for personal growth.
- acknowledge achievement and success at all levels.
- be courageous and welcome feedback from colleagues, staff, and external sources.



7. Supporting someone in distress

A conversation can make a difference in helping someone feel less alone and more supported when they are in distress.

- make time to be present, non-judgemental, and sensitive.
- allow the person to speak without interruption – “WAIT” why am I talking.
- check in and know when to seek further help.