Wellbeing for Educators Impact report 2020

Foundation

Why Wellbeing for Educators?

We know that working in education can be hard. Over half of educators have considered leaving the sector due to personal mental health and wellbeing¹. We want to share our wellbeing expertise to help.



Raise self-awareness about your personal motivations for having good energy and what's affecting wellbeing

About the programme

Understand how you treat your body affects your energy, with tools to keep in a positive mindset

We offer a free, practical, evidence-based programme which

online 90-minute wellbeing workshops for your school staff.

The approach is leadership-led, meaning we start with a workshop for SLT and wellbeing champions, followed by workshops for wider staff, including all educators and support staff. Both workshops cover the same content.

A Wellbeing for Educators workshop will help you to:

can help make a positive difference. Bupa Coaches host

Identify ways to manage your energy every day with a personal action plan

Reach

Who took part in 2020:

senior leadership team members

165 wider staff

the pilot 835

educators across

schools in the wider programme roll out



46





94%

of educators rate the workshop as very good or good after the session



They offered a spotlight on wellbeing, which just isn't there unless somebody reminds you. The sessions made thinking about ourselves and other people more tangible; they gave us expertise, told us about things that we don't necessarily know about.

impact on educators' ability to manage wellbeing Immediately after a workshop, educators said they had

The programme had an immediate and lasting



identified changes to make to their habits, attitudes and behaviour which could improve their wellbeing:



covered in the session

understood the principles

91% feel confident in applying the principles to their own

life and work

identified steps on how they will manage their energy

89%

were better aware of how

78%

their choices affect their wellbeing and how to spot early signs of their energy being outside of the optimum zone



One to four months after the programme, educators adopt a more positive attitude to their life and work.

70% reported working on being more positive in their daily

life and work as a way of actively managing their wellbeing

said that their ability to manage their own

65%

wellbeing has improved as a result of taking part

thought the programme improved their school's

64%

support staff wellbeing

ability to promote and

now give their personal mental wellbeing high

53%

priority (37% prior to programme)

Enjoyable

the programme in one word...

Here's what educators had to say about

Relevant

Useful

Informative Thought-provoking

Clear Interactive **Therapeutic**

Across all levels of teaching, educators report long-lasting results





Personal action plan made during the programme Use 5-6am slot as 'me time'

to do yoga rather than work

remind me to drink water and

Put a timer on my phone to

and then you're often in school late..."

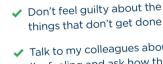
do a breathing exercise

Before the programme "My work is overwhelming" Personal action plan made

Recently qualified teacher

during the programme Better prioritisation and saying no Eat at the table Exercise first thing in the morning Enjoy time with my family

Experienced teacher Before the programme "My workload is huge. I find bad student behaviour is really challenging and I can feel isolated in my classroom" 8 8 8 8 8 8 8



Talk to my colleagues about how I'm feeling and ask how they are "When I was first told we've all got

Personal action plan made during the programme

things on my list

Prioritise the most important

to attend this session, I was really hesitant and I just thought 'Oh, I don't want to sit round the table and talk about my feelings and so on'. But the way it was conducted and

facilitated, and just the general atmosphere, it was really good and it's probably the first time ever at work that I've really felt kind of comfortable and opened up."

Three months later

"I think things have changed

actually. I now prioritise the most

important things and tend not to

worry too much about, maybe, the

smaller things that don't matter as

head; I am more clear-minded and

much. I've got more of a clearer

focused about things and that's

helped definitely."

Four months later

"I was able to stick to my plan. While the changes were small, they really helped me to manage my wellbeing during the really stressful Autumn term 2020."

"I have made a lot of changes. I'm trying my best to have daily routines, exercise when I wake up in the morning. Before, that wasn't the case. I try to spend more time with my family than I used to. I try to say no to certain things. I'm noticing a vast difference from before. For instance, I used to stand in the kitchen and eat quickly, so that I can get things done, but now I try my best to at least sit down and take my time to eat. That is really helping with my

Two months later

whole body, the way I feel.'

Sign up today for free

delivered by Bupa Foundation coaches online. Visit www.bupafoundation.org/educators

workshops for your school Workshops are free to any school in the UK and are

The Bupa Foundation Wellbeing for Educators programme pilot took place with 7 schools in London and the North West of England between February 2020 - September 2020 and was independently evaluated by Chrysalis Research. Workshops started as

face-to-face but were adapted to be delivered virtually to adhere to COVID-19 guidelines.



Foundation

1. Teacher Wellbeing Index 2020 (https://www.educationsupport.org.uk/sites/default/files/teacher_wellbeing_index_2020.pdf)