

Australian Student Wellbeing Framework and you

Support for staff wellbeing

Wellbeing is everybody's business. The Australian Student Wellbeing Framework highlights the need to share and cultivate an understanding of wellbeing and how good practices can have a positive influence on a school community.

Staff wellbeing is critical, both for staff members themselves and for their students.

Three quick questions

This activity could be done individually, then shared with a trusted colleague.

1. Record your answers to the following questions.
2. Share and discuss your answers with a colleague.

How do you support your own wellbeing?



How do you support the wellbeing of colleagues?

How does your school support staff wellbeing?

