

Nurturing your wellbeing



1 ¾ hours

Promoting the wellbeing of school staff through concrete actions

Workshop objectives:

- Become aware of issues related to wellbeing in teaching;
- Define mental health and its determinants in the workplace;
- Learn how to take care of your own well-being and that of others;
- Collectively identify courses of action to take in the school to promote its wellbeing and that of the team.

How can I take this workshop?

A facilitator from the school or from your regional public health department must first receive this training in order to take ownership of the workshop and be able to offer it to members of the school team.

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