

## Course Title: Elephant in the Staffroom – Teacher Wellbeing CPD

### About this course:

This course is aimed at teachers or schools keen to support staff wellbeing. It has arguably never been harder to work in education and equally it has never been more important to look after ourselves and those staff in our care. Based on some of the strategies in the book 'The Elephant in the Staffroom' this course looks at some of the causes of poor wellbeing, helps staff to develop their thinking as well as learning practical tips on managing the workload

You will gain:

- Understanding of the key triggers of poor wellbeing and how they affect our thinking
- An opportunity to think about our teacher identity and how to balance this with the rest of our lives
- Practical strategies for management of workload including marking and feedback

### Session Outlines

A typical event would be divided into 4 sessions – either half day or full day. The programme below is given as an example.

**Session 1: More than tea and biscuits:** The triggers and stresses - understanding the issues. It's not just you! What staffroom chocolates and yoga can do – why it may not go to the heart of the issues.

**Session 2: Not *just* a teacher:** What do we believe about our job and our identity. Valuing ourselves as persons and strategies to help us develop our non-teacher identities. Understanding our SHAPE.

**Session 3: Tackling Workload:** Time management, smarter assessment and feedback, and the need to be ruthless with priorities.

**Session 4: ... and Stop!** When good enough is good enough, the importance of conservation of energy. The importance of breaks, rests and holidays. #50isplenty

### Delivery Options

All schools and colleges are different in terms of available time. Full day, half day or twilight options are available where a half day or twilight covers some of the above by agreement. Equally a more bespoke package tailored to the needs of the institution can be delivered as required. The above package can be delivered online if preferred or if face to face delivery is not possible.

### Your trainer

Chris Eyre has been a head of department in both secondary and sixth form college settings. He is also an experienced examiner: he is currently Principal Examiner for a leading exam board. He has co-written a number of textbooks and revision guides for A Level Religious Studies and a book on teacher wellbeing – 'the Elephant in the Staffroom.' He has considerable experience as a CPD trainer in a range of settings

### For booking or more information

Please contact Chris by email [info@chriseyreteaching.com](mailto:info@chriseyreteaching.com) or by the booking form on the website for all enquiries.