



Wellbeing Learning Leaders

December 2021

Netiquette

- Stay muted, use chat function.
- Going to have time for questions at the end.
- Running a few polls through slido.
- We will be sharing a recording after the session.
- We will be using camera for the mindfulness activity at the start.
- Feel free to dial in on the move if that feels more comfortable.

Agenda.

- Outline who we are
- Mindfulness exercise
- Go through the plan for the Wellbeing Learning Leaders
- Run a ranking poll on what you would benefit from
- Time to ask questions in the chat
- Close and next steps.

Task.

Task: You have 3 minutes to draw this plant. We will present our drawings at the end.

- How did you feel about completing this task?
- What were your thoughts while you were drawing?



What do we want to do?

We want to:

- Empower you to develop the time and space for you to focus on identifying both when your own wellbeing may be at risk, and the best tools to support yourself.
- Develop your confidence in sharing this knowledge with your peers to help them look after their own wellbeing.
- Support you to develop solutions within and for your own context and community.
- Create links to a wider network and commit to sustainable and long-term community support.

What you will be expected of you.

- Commit to attend online sessions.
- To be willing to role model good mental health behaviours.
- Have self-awareness and personal support.
- To share tools within your learning community



What you will NOT be expected to do.



- To provide 1-2-1 support for colleagues with mental health problems
- To carry out mental health interventions - or act as a councilor - with any colleagues experiencing mental health issues

The role of the Wellbeing Learning Leader.

[role-descriptions-wll.pdf](#)
[\(education.gov.scot\)](#)

What does recruitment look like?

- Applications for the first cohort close Sunday 12th December at midnight.
- Shortlist and selection - across roles and geography.
- If you are a part of the first cohort, you will be informed via email.
- Asked to confirm interest by deadline.
- If you do not confirm, we will offer the space to someone else.
- Everyone else will be added to waiting list for future cohorts.

Wellbeing Learning Leaders Programme



Planned Virtual Meetings

2:30pm-4:30pm every Wednesday January – March 2022.

Induction: Either Jan 12th or 19th.



Fortnightly calls with your cohort.

Cohorts of 15 people.

Fortnightly Calls: starting Jan 26th or Feb 2nd.

During the sessions

- Learn about wellbeing planning tool.
- Utilise it yourself.
- Plan how/when to share with your community.
- Plan how to link to strategic plans.

Week off from online session:
Implement tool and share.

When the cohort comes back together, we will share reflections and learn about another tool.

Tools we will learn about.

Wellbeing Planning
Tool

And then others.

[Support for all |
Support for the
education workforce |
National Improvement
Hub](#)



Step 1

Knowing your warning signs

The first step to looking after your own wellbeing is to look out for and recognise the early warning signs that tell you your wellbeing might be at risk. Use the first “traffic light” section of the plan to reflect on what your own early warning signs are, and what red, amber and green look like for you.



Step 2

Actively manage your wellbeing

We are all different and have our own unique ways of managing stress at work, and at home. Use the second step of the plan to reflect on what works for you, and what you will commit to doing in order to maintain your wellbeing when you notice your own warning signs.

Questions?

Next Steps.

We will send information and the link to apply.

[CERG workforce support package | Learning resources | National Improvement Hub \(education.gov.scot\)](#)



thank you!