



## WORKSHOP STRUCTURE

### PRE- WORKSHOP ACTIVITIES

Email Survey 1: Provide some information about your current situation with tools and pre-workshop activities for you to complete.

### ONLINE SESSION 1 – Thursday 15 June 2023 - 9:30am to 12:30pm

#### Topic 1: Background

- What is Early Childhood educator well-being and why does it matter?
- What are the connections between educators' and children's wellbeing?
- Who is responsible for wellbeing?

#### Topic 2: Physical wellbeing

- What do we know about the physical health of educators?
- What workplace factors impact on educators' physical health?
- Individual responsibilities for monitoring and maintaining physical health.

#### Topic 3: Psychological wellbeing

- What do we know about the psychological health of educators?
- Burnout. Bullying. Harassment.
- Individual responsibilities for creating psychologically/emotionally safe and satisfying workspaces.

### MID WORKSHOP ACTIVITIES:

Email Survey 2: Reading and support materials for you to assess your workplace wellbeing.

### ONLINE SESSION 2 – Thursday 27 July 2023 - 9:30am to 12:30pm

Overview and review of workshop survey answers.

#### Topic 4: Leadership for wellbeing

- What is the leader's role in supporting educator wellbeing in the service?
- How can leaders assess wellbeing and advocate for change?

#### Topic 5: Assessing wellbeing and developing a plan

- Prioritising and planning for change in your service

#### Topic 6: Sustaining and advocating for educator wellbeing

- Locating and choosing resources to support your plans
- Advocating for wellbeing at a community and socio-political level – how to get proactive!