

# 10 WAYS MANAGERS CAN SUPPORT EDUCATION STAFF DURING THE CURRENT CORONAVIRUS CRISIS

 @BELIEVEPHQ

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**01**

Debrief your team. Teachers will need support to reflect on these issues and deal with the emotional impact.



**02**

Encourage staff to establish a work routine. Give as much flexibility as possible to allow people to manage childcare, and other personal demands



**03**

Help staff to maintain a clear sense of purpose - what they are there to do and what is most important - and help them to make it meaningful in this current situation



**04**

Encourage staff to distinguish between what they can and can't control



**05**

Help staff to identify which colleagues can energise and support them and encourage them to reach out and connect with these colleagues



**06**

Encourage staff take care of themselves and need to role model this behaviour



**07**

Encourage staff to practice gratitude - focus on the positive and celebrate small victories and be liberal with praise



**08**

Accept uncertainty - when will school go back? How can they safely? These are all things we cannot control, so try to focus on what we can control.



**09**

Encourage and promote regular exercise, good nutrition and positive sleep routines



**10**

Develop a two-way flow across school or college network, supporting & supported.

