

Inspections and beyond: supporting staff mental health and wellbeing

We understand that inspections can take a toll on staff mental health and wellbeing, extending well beyond the inspection period itself. Although this pack can't resolve broader systemic issues, it does provide free, practical tools, advice, and support to help staff before, during, and after inspections.

Remember, if you are struggling or need to talk, we are here for you. All education staff across the UK can call us, day or night, and speak to a qualified counsellor: **08000 562 561**



For school leaders:

What is professional supervision?

It's not coaching or therapy — so what is it, exactly? Find out more in our myth-busting graphic.



Our CEO, Sinéad Mc Brearty, led an independent wellbeing impact assessment of the revised Ofsted framework for England, which was published in September 2025.

The report has received thoughtful coverage, including in Schools Week and BBC, which highlighted both the recommendations and Ofsted's initial responses.

Tim's story: professional supervision during an inspection

Tim Redgrave, a headteacher at Ysgol Esgob Morgan Primary School shares his experience of our free professional supervision service in Wales.



How to maintain a healthy mind and culture during periods of challenge

This practical toolkit includes tools, exercises and tips to help school leaders implement healthy habits for supporting their own wellbeing and the wellbeing of their staff.



Leaders — do you make time to talk?

Do you ever pause to ask yourself how you're feeling? Who do you turn to if you start to feel the weight of your daily interactions or role?



For all staff:

Challenging perfectionist behaviour: tips for teachers and leaders

Do you feel the pressure to be perfect? Here are some tips to help you challenge perfectionist thinking and behaviour.



Loneliness: a guide for teachers and leaders

We put together this guide, in partnership with The Mental Health Foundation, to help you recognise the signs of loneliness in yourself and others, with ways to support each other.



Complete your stress cycle: 7 ways to feel good

Tackle stress and burnout with these seven evidence-based, readily available strategies for teachers and education staff.



Practical exercises and tools:

Circle of control

This tool works brilliantly for individuals, and also as a team exercise during particularly intense or demanding times.



Window of Tolerance

A practical tool to help you and your team understand emotional regulation, cope with stress, avoid burnout, build resilience, and support wellbeing during inspection periods.



The Worry Tree

A tool to help you find a balance to ensure you're not spending too much time trapped in a cycle of worry or anxiety. Useful in the lead-up and after inspections.

