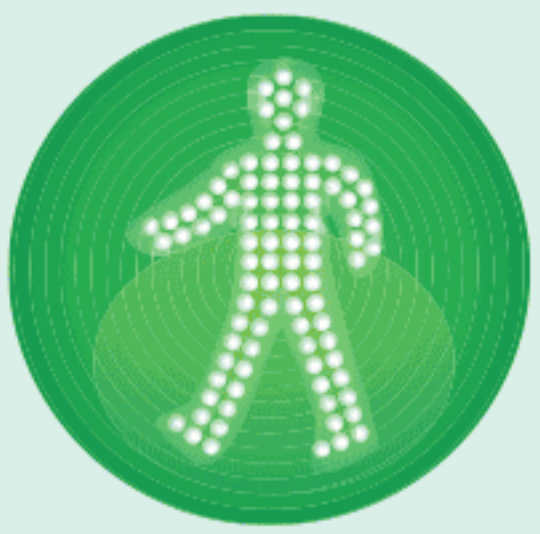
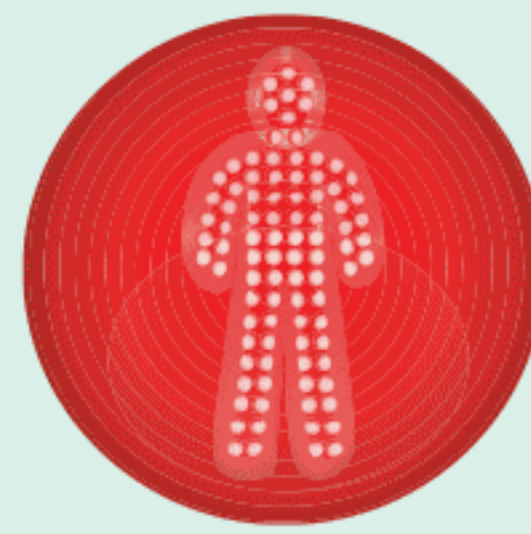


# Staff wellbeing: tips for school leaders



## Do

- 1 Notice people's strengths and talk about them.
- 2 Share pride in people's achievements.
- 3 Be honest, fair, and transparent about the challenges staff face.
- 4 Make time and space for social connection — encourage 'buddy' or peer support within teams.
- 5 Listen to what the staff member needs and offer supportive boundaries.



## Try not to

- 1 Ignore signs of potential problems within your team.
- 2 Shy away from having difficult conversations or avoid giving feedback.
- 3 Allow a culture of teasing.
- 4 Rely on hierarchical structures and practices.