

District of Columbia
Office of the State Superintendent of Education







WELLNESS TECHNIQUES | ADVOCATE | STRATEGIC PLANNING

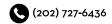
EDUCATOR WELLNESS INSTITUTE

Through facilitation of research-based content, school leaders, educators, and staff will become true wellness champions who are passionate, knowledgeable and actively committed to promoting a culture of wellness within the education circles in which they work.

Sessions are offered on a school-by-school basis to create customized and flexible learning options. Please see the next page for session descriptions and example session packages. To schedule a session or for questions, please email OSSE.HYDT@dc.gov.









MODULE ONE: Underlying Causes of Teacher Stress

Examine the four primary sources of teacher stress impacting educator wellness.

MODULE TWO: Ecological Perspective of Teacher Stress

Review and discuss how teacher stress extends beyond the individual and has a ripple effect across the school environment.

MODULE THREE: Wellness Programs - What are they?

Define employee wellness and examine the components of an educator wellness program.

MODULE FOUR: How to Implement a Wellness Program

Review and discuss a framework for educator wellness and a model to develop and implement programs.

MODULE FIVE: Becoming a Wellness Champion

Discuss the role of a wellness champion to advocate for and develop wellness programs.

MODULE SIX: Create a Wellness Plan for Your School

Bring all the learning together to draft an educator wellness plan.

HOW TO PARTICIPATE

The complete Educator Wellness
Institute consists of six synchronous,
75-minute modules (see descriptions
on the left). OSSE is providing three
learning options to allow participants to
engage in the content that is best:

- Core Course: This is a half-day session and will cover content in modules 1, 2, and 4.
- One-Day Course: A full-day session designed to cover content in modules 1, 2, 4, and 5.
- Two-Day Course: This session will cover all six modules.

For each participating school team, all course options include a follow-up consultation session 60 days after the training.

At the end of the sessions participants will:

- Be a critical consumer of data and research;
- Understand the significance and justification of a robust educator wellness program;
- Have access to protocols/resources that are informed by best practices; and
- Have exposure to innovative and modern virtual engagement strategies.