



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.

HOW TO PARTICIPATE

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.

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.