

Teaching is a demanding profession, and prioritizing your well-being is essential for both personal fulfillment and positive student outcomes.

This guide will help you reflect on how you prioritize your well-being and contribute to the well-being of your school.

Rate each statement on a scale of 1 (strongly disagree) to 10 (strongly agree). Add up your scores for the personal well-being and school well-being sections to get your total score (out of a potential 200)

PART A

TEACHER WELL-BEING SELF-ASSESSMENT

I am self-aware of my strengths, weaknesses, and areas for personal and professional growth. _____ / 10

Work-Life Balance

I effectively balance my work responsibilities with personal life to maintain overall well-being. _____ / 10

Support System

I have a support system, both inside and outside the school, that understands and aids in managing the challenges of teaching. _____ / 10

Reflective Practices

I engage in regular reflective practices to assess my teaching effectiveness and well-being. _____ / 10

Professional Development

I actively engage in continuous professional development to enhance my teaching skills. _____ / 10

Stress Management

I have effective strategies in place to manage and reduce stress in my teaching role. _____ / 10

Health Check-Ins

I regularly assess and prioritize my physical health to ensure I am operating at my best. _____ / 10

Mindfulness Practices

I incorporate mindfulness practices into my daily routine to foster mental and emotional well-being. _____ / 10

Communication Boundaries

I set & maintain clear boundaries for communication to protect personal time & well-being. _____ / 10

Future Leadership Outlook

I believe I can teach effectively and maintain well-being throughout my teaching career. _____ / 10

Calculate your teacher well-being score _____ / 100

PART B SCHOOL WELL-BEING SELF-ASSESSMENT

School Culture

Our school promotes a positive and inclusive culture where both staff and students feel valued. _____ / 10

Communication

Communication channels within the school are clear, transparent, and effective. _____ / 10

Professional Development

Opportunities for professional development are readily available and aligned with individual and school goals. _____ / 10

Staff Collaboration

There is a strong culture of collaboration and teamwork among staff members. _____ / 10

Student Well-Being

Our school actively prioritizes and supports the well-being of students. _____ / 10

Parental Involvement

There is effective communication and collaboration with parents for the benefit of students. _____ / 10

Resources

The school provides adequate resources and tools to support effective teaching and learning. _____ / 10

Conflict Resolution

There are effective mechanisms in place for resolving conflicts within the school community. _____ / 10

Equity and Inclusion

The school actively promotes equity and inclusion in all aspects of its operations. _____ / 10

Vision Alignment

The actions and decisions within the school align with its mission and values. _____ / 10

Calculate your school well-being score _____ / 100
Teacher _____ + School _____ = _____ / 200

Total Score 150-200: Well-Being Trailblazer

You are actively prioritizing your well-being and contributing to a positive school environment. Keep up the good work and continue inspiring others (like students & colleagues) to follow suit.

Total Score 100-149: Well-Being Explorer

You are on the right path, but there are opportunities for growth and enhancement. Consider exploring additional strategies to further improve both your well-being and that of your school community.

Total Score 0-99: Well-Being Beginner

It's time to focus more on prioritizing well-being both personally and within your school. Seek support and resources to guide you in creating a healthier and more fulfilling teaching experience for yourself and your school community.

Conclusion:

Teaching is a journey that requires both personal well-being and the well-being of the school community. By reflecting on these aspects and taking intentional steps to prioritize well-being, you contribute to a positive and impactful educational environment.

Teaching Well is here to provide guidance and support on your teaching well-being journey. Reach out to us for personalized consultations and resources tailored to your unique needs.

**Schedule a call teachingwell.life/contact
OR email danielle@teachingwell.life**