

*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

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#### **Work-Life Balance**

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

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#### **Support System**

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

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#### **Reflective Practices**

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

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#### **Professional Development**

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

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#### **Stress Management**

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

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#### **Health Check-Ins**

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

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#### **Mindfulness Practices**

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

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#### **Communication Boundaries**

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

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#### **Future Leadership Outlook**

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

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**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

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### Communication

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

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### Professional Development

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

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### Staff Collaboration

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

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### Student Well-Being

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

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### Parental Involvement

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

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### Resources

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

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### Conflict Resolution

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

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### Equity and Inclusion

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

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### Vision Alignment

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

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**Calculate your school well-being score \_\_\_\_\_ / 100**  
**Teacher \_\_\_\_\_ + School \_\_\_\_\_ = \_\_\_\_\_ / 200**

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#### 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](https://teachingwell.life/contact)  
OR email [danielle@teachingwell.life](mailto:danielle@teachingwell.life)**

*Leading a school comes with its challenges, and prioritizing your well-being is crucial for both personal fulfillment and positive student outcomes.*

*This guide will help you reflect on how you prioritize your well-being AND 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**

### **LEADER WELL-BEING SELF-ASSESSMENT**

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

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#### **Work-Life Balance**

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

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#### **Support System**

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

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#### **Reflective Practices**

I engage in regular reflective practices to assess my leadership effectiveness and well-being. \_\_\_\_\_ / 10

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#### **Professional Development**

I actively engage in continuous professional development to enhance my leadership skills. \_\_\_\_\_ / 10

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#### **Stress Management**

I have effective strategies in place to manage and reduce stress in my leadership role. \_\_\_\_\_ / 10

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#### **Health Check-Ins**

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

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#### **Mindfulness Practices**

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

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#### **Communication Boundaries**

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

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#### **Future Leadership Outlook**

I believe I can lead effectively and maintain well-being throughout my leadership career. \_\_\_\_\_ / 10

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**Calculate your leader well-being score \_\_\_\_\_ / 100**

## **PART B SCHOOL WELL-BEING SELF-ASSESSMENT**

### **School Culture**

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### **Communication**

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

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

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**Calculate your school well-being score \_\_\_\_\_ / 100**  
**Leader \_\_\_\_\_ + School \_\_\_\_\_ = \_\_\_\_\_ / 200**

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#### **Total Score 150-200: Well-Being Trailblazer**

You are actively prioritizing your well-being and fostering a positive school environment. Keep up the good work and continue inspiring others to follow suit.

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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 leadership experience for yourself and your school community.

#### **Conclusion:**

*Leadership in education 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 leadership well-being journey. Reach out to us for personalized consultations and resources tailored to your unique needs.*

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