












TOPIC/TITLE	ARTICLE	REPORT	PODCAST/ WEBINAR	VIDEO	OTHER	SOURCE
CONTEMPLATING CHANGE: WHY DOES STAFF WELLBEING MATTER?						
<ul style="list-style-type: none"> Event Recap: The Case for Investing in K-12 Staff Well-being. Financial. Legal. Student Achievement., 2019, EdCan with a number of presenters (slide decks provided). 					X	
<ul style="list-style-type: none"> Infographic: The Importance of Teacher & School Staff Wellbeing, 2018, WellAhead 					X	
<ul style="list-style-type: none"> Why Does A Healthy Workplace in K-12 Education Matter? EdCan 	X					
<ul style="list-style-type: none"> Making the Case for Workplace Wellbeing in K-12 Education. WellAhead, October 2019 			X			
<ul style="list-style-type: none"> How Does Teacher Stress & Burnout Impact Student Achievement, 2020, R. Laurie & E. Larson 	X					
<ul style="list-style-type: none"> Are Teachers in Trouble? 2020, G. Frost, K. Ritchie & L. Leslie 	X					
<ul style="list-style-type: none"> Stress & Burnout are on the Rise Among Canadian Principals and Vice-Principals, 2020, G. Markin, F. Wang 	X					
<ul style="list-style-type: none"> The Australian Principal Occupational Health, Safety and Wellbeing Survey, 2019 Data, 2020 		X				Australia
<ul style="list-style-type: none"> Healthy Principals, Healthy Schools, 2017, Katina Pollock, 	X					
<ul style="list-style-type: none"> Teacher & School Staff Wellbeing 101, 2018, WellAhead, K. Schonert-Reichl & M. Greenberg 			X			
PREPARING: <i>WHAT DOES LOOK LIKE?</i>						
<ul style="list-style-type: none"> What is a Healthy Workplace in K-12 Education?, EdCan 	X					
<ul style="list-style-type: none"> What does teacher wellbeing look like?, 2020, S. Cherkowski, EdCan 						
<ul style="list-style-type: none"> Principal SEL: What's it look like? 2020, S. Hurley, M. Greenberg, 17 minutes 			X			US
<ul style="list-style-type: none"> Healthy Principals, Healthy Schools, 2017, K. Pollock 	X					

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<ul style="list-style-type: none"> Principals' Social and Emotional Competence: A Key Factor in Creating Caring Schools, 2019, J. Mahfouz, M. Greenberg & A. Rodriguez 		X				US
TAKING ACTION: <i>How to Do It</i>						
INDIVIDUAL APPROACHES						
<ul style="list-style-type: none"> Stress Strategies, Psychology Foundation of Canada 					X	
<ul style="list-style-type: none"> Plan for Resilience, n.d., Workplace Strategies for Mental Health. A workbook to help build your resilience 					X	
<ul style="list-style-type: none"> What does it mean to flourish in your work?, 2020, S. Hurley, S. Cherkowski, 15 minutes 			X			
<ul style="list-style-type: none"> Why teacher self-care is not a thing, 2020, S. Hurley, P. Palmer, 15 minutes 			X			
<ul style="list-style-type: none"> Teacher moms are doing it all, 2019, S. Giroux 	X					
<ul style="list-style-type: none"> The Secret to Health, Happiness and Success Together, 2019, G. Markin, 16 minutes 				X		
<ul style="list-style-type: none"> BCPVPA's The Learning Brain, 2020, BC Principals' & Vice-Principals' Association. Tips, links and self-assessment tools to help you to better understand the mental health continuum, and to use the resources that are available to you. 					X	
COLLABORATIVE APPROACHES						
<ul style="list-style-type: none"> Staff Wellness Inquiry Project Builds Trust & Support, 2019, K. Brach < 2 minutes 				X		
<ul style="list-style-type: none"> Team development to support a healthy workplace, n.d., Workplace Strategies for Mental Health 					X	
<ul style="list-style-type: none"> So you want me to talk: Engaging staff in conversations about staff wellbeing, 2019, S. Hurley, Mental Wellbeing Coaching Initiative, DASHBC. Features: G.Markin, T.Verdie, K. Brach, C. Andrew, and C. Naylor. 15 minutes 			X			

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SYSTEMIC APPROACHES						
<ul style="list-style-type: none"> Infographic: What We Learned About Staff Wellbeing, 2019, Mental Wellbeing Coaching Initiative, DASHBC 					X	
<ul style="list-style-type: none"> Research Brief: Promoting the Wellbeing of Teachers and School Staff, 2018, WellAhead & McGill 					X	
<ul style="list-style-type: none"> Your Role in Promoting Staff Well-Being in Your School: Reflecting on lessons learned from three B.C. school districts, 2019, C. Naylor 	X					
<ul style="list-style-type: none"> What does it mean to change “the system”? 2019, S. Hurley, Mental Wellbeing Coaching Initiative, DASHBC. Features: C. Andrew, T. Gaudreau, B. Robbie, and D. Strange. 15 minutes 						
<ul style="list-style-type: none"> Implementing Your Initiatives More Effectively, 2019, J. Brown, <2 minutes 				X		
<ul style="list-style-type: none"> 3 Steps to Districtwide Staff Wellbeing, 2019, S. Hurley, Mental Wellbeing Coaching Initiative, DASHBC. Features: K. Brock, R.Doolan, A. LaBoucane, G. Markin, B. Robbie, T. Verdiel, and J. Brown. 15 minutes 			X			
<ul style="list-style-type: none"> Workplace Strategies for Mental Health: Where Do We Start?, nd, Workplace Strategies for Mental Health <i>Note: this is not adapted specifically for K-12 education; however, this website provides a sound process and framework for action and many good resources.</i> 					X	
<ul style="list-style-type: none"> Love, Heartbreak, and Teacher Emotional Well-being, 2019, A. Kendrick 	X					
<ul style="list-style-type: none"> Are education systems designed to care for teachers? 2020, S. Hurley, M. Greenberg, 17 minutes 			X			US
<ul style="list-style-type: none"> Creative Caring for Teachers, 2019, S. Roffey 	X					UK
<ul style="list-style-type: none"> Principal Wellbeing Action Plan 2019-21, 2019, Government of Tasmania 		X				Australia
<ul style="list-style-type: none"> The Role of Leadership in Supporting Mental Wellbeing, 2019. D. Strange, < 2 minutes 				X		

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<ul style="list-style-type: none"> So, What About Leadership Wellness?, 2019, B. Andjelic 	X					
<ul style="list-style-type: none"> Creating Safe Spaces that Support Staff Wellbeing, 2019, G. Markin, < 2 minutes 				X		
<ul style="list-style-type: none"> Using Focus Groups to Gather Data and Build Engagement Around Staff Wellbeing in Powell River, 2019, C. Naylor, 3 minutes 				X		
<ul style="list-style-type: none"> Beyond the Cone of Silence: Staff Wellbeing Focus Groups in 3 BC School Districts, 2019, S. Hurley, Mental Wellbeing Coaching Initiative, DASHBC. Features: C. Naylor, G. Markin & T. Verdiel. 15 minutes 			X			
<ul style="list-style-type: none"> Realizing the positive ROI of supporting employees' mental health: A blueprint for workplace mental health programs, 2019, Deloitte 	X	X				
STAFF WELLBEING AND COVID-19						
<ul style="list-style-type: none"> COVID-19 Returning to Work -Manager's Checklist, 2020, PHSA. This was meant to support workers returning after isolation/COVID-19, but could be adapted to support all staff returning to the workplace. 					X	
<ul style="list-style-type: none"> Leveraging the Power of SEL as You Prepare to Reopen and Renew Your School Community, 2020, CASEL 		X				US
<ul style="list-style-type: none"> Managing Stress & Anxiety from COVID-19, 2020, Starling Minds (free for everyone) 					X	
<ul style="list-style-type: none"> Resources for K-12 staff teaching and working through the COVID-19 pandemic, 2020, EdCan Network. A variety of articles, resources and links to help you and your staff through this challenging time. 	X		X		X	

Do you have other resources to recommend? Please email us at K.12StaffWellbeing@gmail.com