

# It takes a healthy staff to have a healthy school community



## Learn how a proactive approach to staff well-being can help schools thrive

Healthy staff and teachers are our most valuable resource for creating safe and supportive learning environments. *The Way to Staff Well-being in Schools* workshop series explores resources and tips to strengthen staff well-being at the individual, collective, and policy level.

Workshop attendees will learn to:

- Describe how toxic stress and ACEs impact the whole school, including staff well-being
- Explain a framework to assess resiliency in the school environment with a focus on educational staff
- Identify at least 3 resources and/or activities to strengthen staff well-being

Foundational course: *The Way to Staff Well-being in Schools – Creating a Culture of Well-Being*

- **March 9, 2022, 3:30pm-5:00pm PST** – Register on [PDenroller](#)
- **May 11, 2022, 3:30pm-5:00pm PST** – Register on [PDenroller](#)

For more learning, check out our *Deep Dive Series*, presented by Kaiser Permanente subject matter experts

- ***Stress Management for Educators***
  - **April 13, 2022, 4:00pm-5:00pm PST** – Register on [PDenroller](#)
- ***Healthy Habits for Educators***
  - **June 8, 2022, 4:00pm-5:00pm PST** – Register on [PDenroller](#)

**No cost  
workshops  
designed for  
teachers, staff,  
and  
administrators**

**Free clock  
hours available**  
*register on PDenroller*

**Questions?**

**Contact**

[KPWA.WFH@kp.org](mailto:KPWA.WFH@kp.org)

These events are open to all school or district staff, including teachers, administrators, nutrition services directors, well-being leads, classifieds, and more. Please share with any colleagues you believe will benefit from attending.

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**THRIVING SCHOOLS**