Facilitator Guide for the Self-Care Webinar

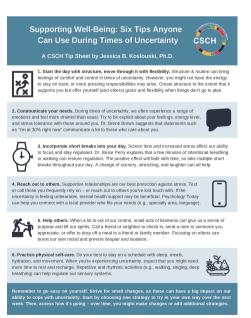


We hope you find this 30 minute webinar useful in supporting your staff's and your own selfcare. Here are three suggestions to promote the best possible use of all of your time and the best possible outcomes for all.

1. Provide your staff with rationale for why they are participating in this webinar, and, if possible, connect back to data (including anecdotes from staff!). You want to communicate genuine concern and care for your staff, and be authentic and compassionate in your delivery. Here is an example script you can adapt for your own use:

This year has been hard in a series of hard years. I value each and every one of you, and I've heard your struggles and concerns. Our staff wellness survey results indicated that the majority of you are struggling with your self care, and many of you have confirmed this to me in our check-ins. I know we are all stretched for time and have planning, prep, grading, etc. to complete, but I want us to take some time during today's staff meeting to participate in a self-care webinar focused on building sustainable plans for our own self-care. I believe that investing this time in ourselves will promote our well-being and our ability to be effective educators.

- 2. Provide staff with required materials:
 - Webinar Link: https://youtu.be/5CeUm5UAgZ4
 - Tip sheet



Worksheet

сясн	Activity STRATEGIES FOR HELPING YOU COPE WITH UNCERTAINTY	
	1. Start the day with structure, move through it with flexibility 2. Communicate your needs 3. Incorporate short breaks into your day	4. Reach out to others 5. Help others 6. Practice physical self-care
	sporting Well-Being: Six Tips Anyone Can Use During Tin e of the strategies that you would most like to focus or	
Start the da Communica Incorporate	gy are you going to focus on? y with structure, move through it with flexibility te your needs short breaks into your day few examples (1-3 is great!) of this strategy that you ha workers, loved ones, etc.	Reach out to others Help others Practice physical self-care we seen or used for yourself, students,
What resource Space Time Other: How and whe	Additional staff detitional staff detitional staff c-wee will you implement? Identify 3	you lean on for accountability in implementing 1897 Ker Administrator Member Irriend
When are you	going to implement this strategy? How will	you evaluate how it's going?
		Health. All rights reserved. Permission granted to photocopy for

• Time to complete the webinar and activity during contractual time. Below, you can find an outline to assist with planning the appropriate amount of time.



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Webinar Pacing Guide

- The cumulative toll of uncertainty and strategies for coping 8 min
- Pause for activity 5 min
- Action planning for self-care and
- accountability 3 min
- Pause for activity 10 min
- Wrap-up 2 min

3. This webinar can be adapted to suit your needs in relation to time, collaboration, participation, etc.

- **Time:** You can extend or shorten the independent work time, or have staff complete the entire activity at the end, as opposed to pausing in the middle, or complete it at a later time.
- **Collaboration:** You can have staff share out or reflect with colleagues on each part of the worksheet. You can also have different groups of staff work together in creating their plans.
- **Participation:** You can have smaller groups (e.g., a professional learning community [PLC], grade level team) complete this at different times, or have your whole staff participate.

Again, even within these adaptations, we encourage you to still share your rationale for why staff are completing this webinar (i.e., Step 1).



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