We hope you find this 30 minute webinar useful in supporting your staff's and your own self-care. 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/5CeUm5UAQZ4
   - Tip sheet
   - Worksheet
   - 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.
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).