

Re-balancing Educator

Well-Being **in Practice**

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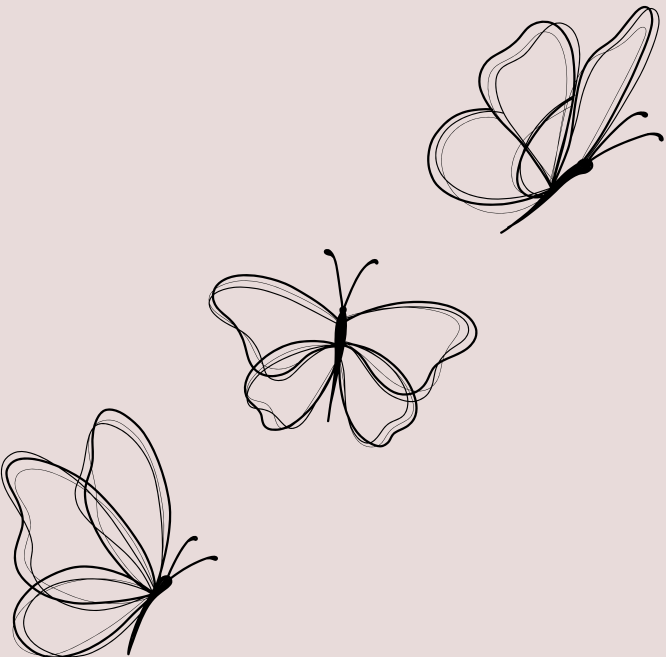
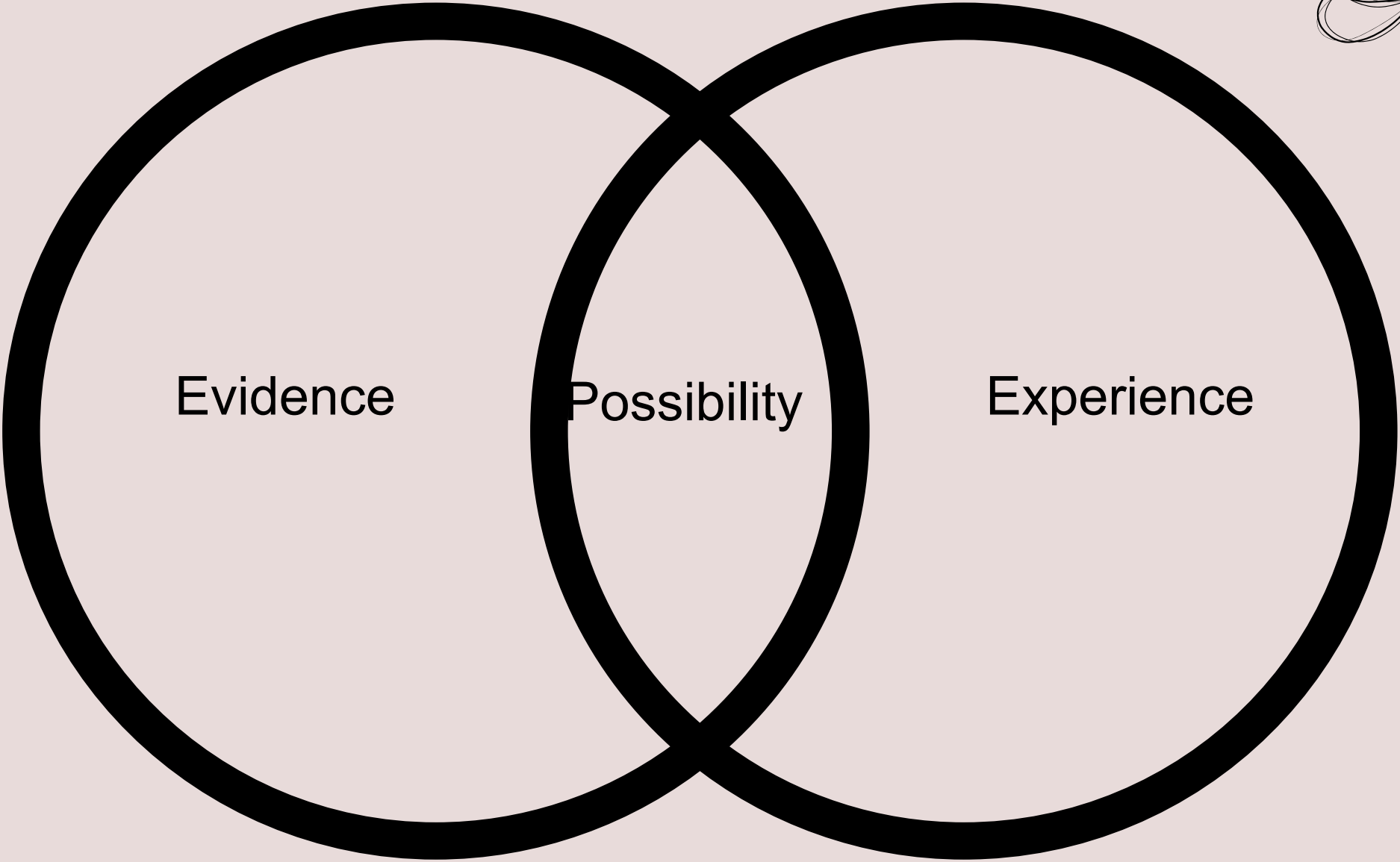
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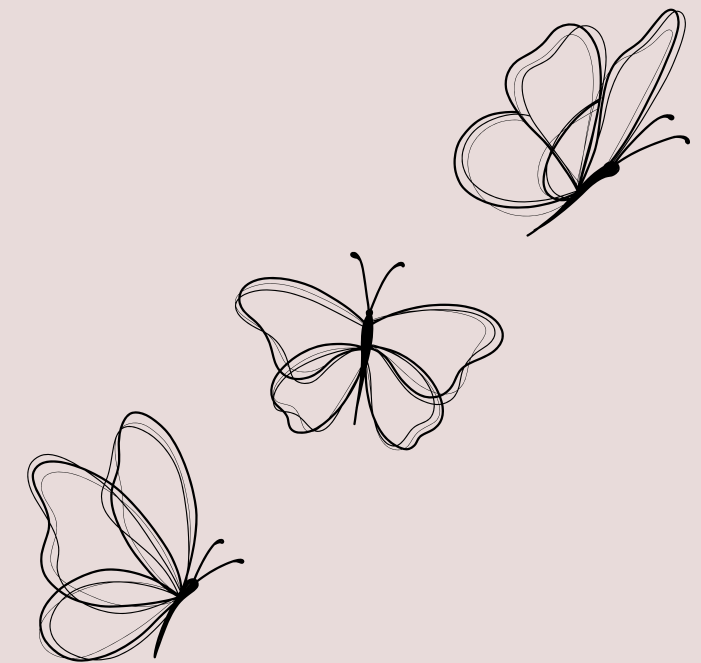
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School Well-Being Toolkit

Benefits At A Glance

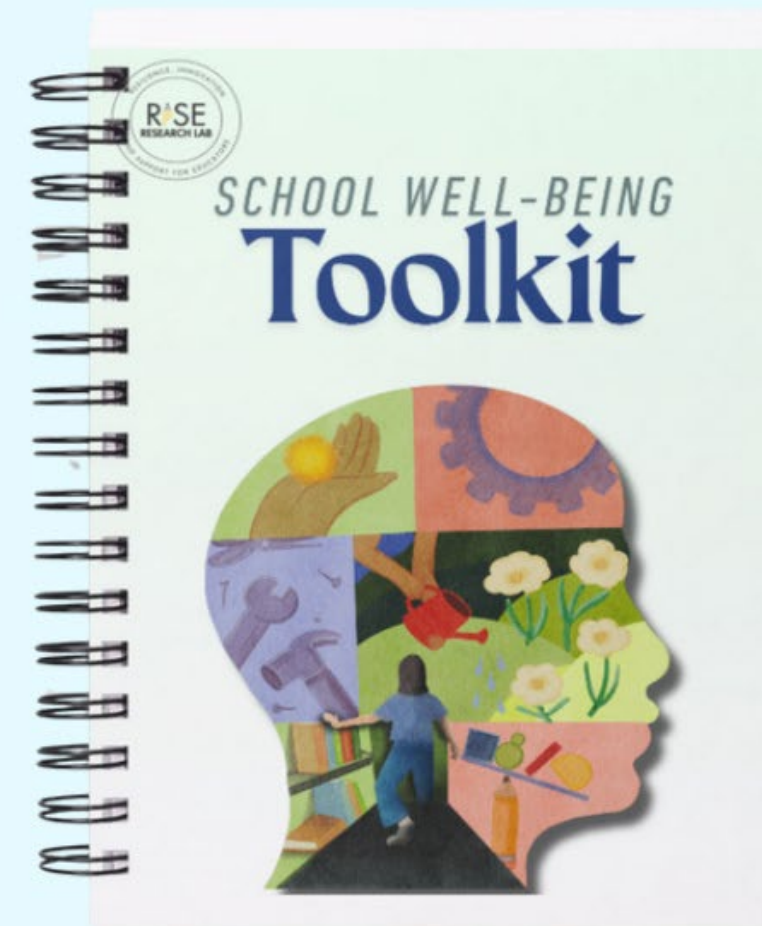
Designed to bridge research and practice while helping educators, administrators, and policymakers navigate complex challenges and support well-being with confidence.

- ✔ Supports for Educators
- ✔ Insights for Systems
- ✔ Tools for Real Change

What's Inside the Toolkit?

- Practical strategies
- Case study examples
- Reflective prompts
- Interactive learning tasks
- Planning tools
- Drawn from 5+ years of Canadian research

Open Access & Free to Use



Eblie Trudel, L. & Sokal, L. (2025). *School Well-Being Toolkit*.
University of Winnipeg. pressbooks.openedmb.ca

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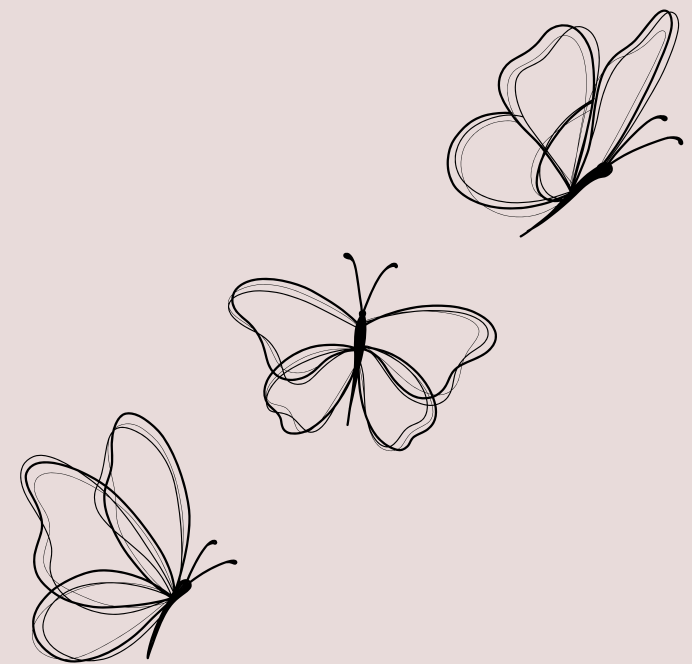
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Exploring

Chapter Format & Style

- Summary & Key Highlights
- Key Takeaways for Schools and Leaders
- Research Infographic
- Case Study
- What Could Be Done Differently
- Reflection and Application
- Activities for Application
- Your Action Plan



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Guided Process

Step One: Noticing (Individual or Quiet Reading 5 minutes)

As you review this chapter preview reflect upon:

1. What is this chapter inviting you to notice?
2. Which part feels most thought provoking?
3. What questions, phrase or idea stays with you?

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Guided Process

Step Two: Discussing (Small group conversation - 5 minutes)

In your group, discuss:

1. Where do you see this theme emerging in your context?
2. What tensions might this chapter surface in your setting?
3. Does the case study feel familiar? What dynamics stand out?

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Step Three: Connecting (Group Reflection - 5 minutes)

As you consider next steps talk about:

1. How might this chapter support conversation in your setting?
2. What would you need to engage meaningfully with this content?
3. Is there an action that you could take away from this discussion?



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Reflections

Preparing to Share (Group Reflections -15 minutes)

1. Choose one person from your group to briefly share a reflection on the chapter you previewed (1, 10, 18 or 23)
2. Share one insight, question or connection your group discussed.
3. Aim to keep your sharing to about 1-2 minutes per group so everyone has time to contribute .

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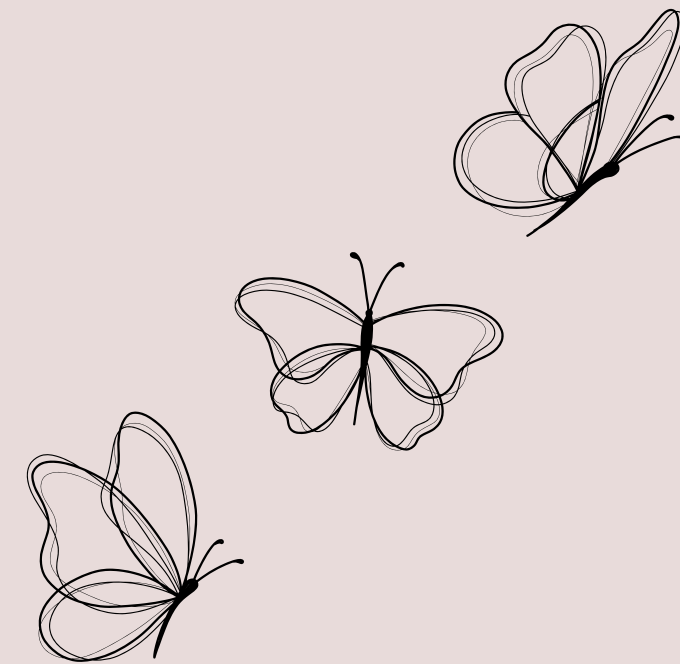
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We honour the educators whose voices shaped this work, the participants in today's dialogue, and the ongoing collective efforts to create more caring, responsive and sustainable schools. Thank you for your presence, your insights, your leadership and your commitment.

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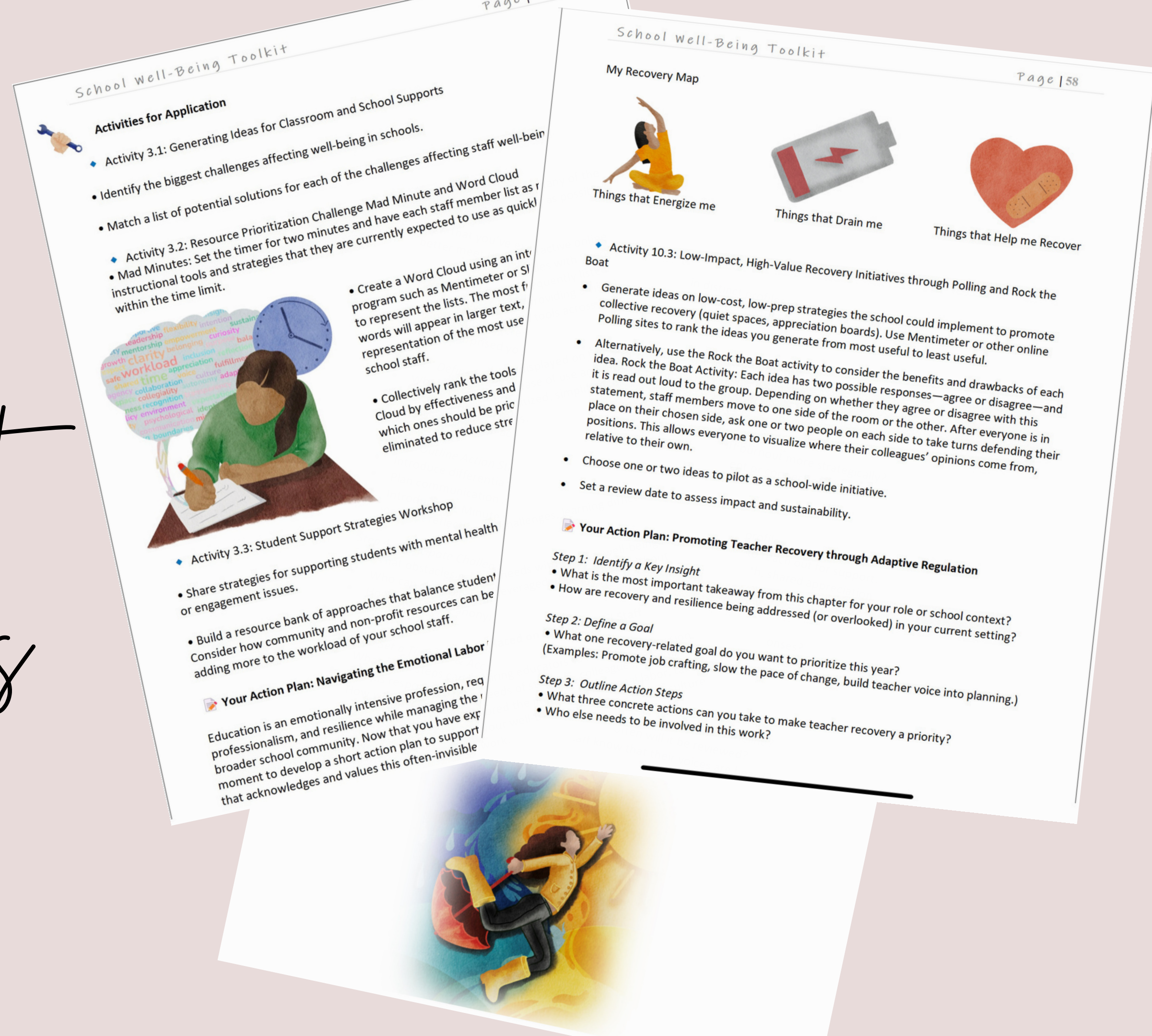
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Thank
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<https://www.rise-research-lab.com>