

Included below are reflective questions referred to during the webinar along with links to additional information, resources and references.

In practice reflective questions

These reflective questions can be used to form the basis of a conversation with your Be You Action Team or Learning Community Leadership.

- ④ Reflect on what you are doing in your learning community to support wellbeing
- ④ What does wellbeing mean to the staff in your learning community?
- ④ How can you grow the strengths in your learning community to support your team?
- ④ How do you sustain a positive culture in your work environment?
- ④ Should educators' wellbeing be a standing agenda item at your staff meetings?

Links to additional information, resources and references from the webinar

Be You website

<https://beyou.edu.au>

Mentally Healthy Communities Professional Learning

<https://beyou.edu.au/learn/mentally-healthy-communities>

Beyond self-care: An Educator Wellbeing Guide

<https://beyou.edu.au/resources/educator-wellbeing>

Be You Evidence Base

<https://beyou.edu.au/about-be-you/evidence-base>

Early Childhood Educators' Wellbeing Project

<https://www.mq.edu.au/research/research-centres-groups-and-facilities/centres/centre-for-research-in-early-childhood-education-crece/our-research/early-childhood-educators-wellbeing-project>

Resources

Wellbeing Tools for You

<https://beyou.edu.au/resources/tools-and-guides/wellbeing-tools-for-you>

Educator wellbeing tools

<https://beyou.edu.au/resources/educator-wellbeing/tools>

Wellbeing plan for educators

<https://beyou.edu.au/-/media/resources/tools-and-guides/wellbeing-tools-for-you/practice/be-you-wellbeing-plan-for-educators.pdf>

Planning for wellbeing - mine yours ours

<https://beyou.edu.au/resources/tools-and-guides/wellbeing-tools-for-you>

Actions Catalogue

<https://beyou.edu.au/planning-and-implementation-tools/actions-catalogue>

Statement of Commitment

<https://beyou.edu.au/planning-and-implementation-tools/statement-of-commitment>

Fact Sheets

Educator wellbeing Fact Sheets

<https://beyou.edu.au/resources/educator-wellbeing/fact-sheets>

Staff Wellbeing

<https://beyou.edu.au/fact-sheets/wellbeing/staff-wellbeing>

Stress Management

<https://beyou.edu.au/fact-sheets/wellbeing/stress-management>

Mindfulness

<https://beyou.edu.au/fact-sheets/wellbeing/mindfulness>

In Focus webinar recordings

Ethical dilemmas and decisions for wellbeing

<https://beyou.edu.au/resources/sessions-and-events/ethical-dilemmas-and-decisions-for-wellbeing>

Considering and acknowledging your strengths

<https://beyou.edu.au/resources/sessions-and-events/considering-and-acknowledging-our-strengths>

Promoting educator wellbeing

<https://beyou.edu.au/resources/events/promoting-educator-wellbeing>