

The **Resilience and Wellbeing Webinar Series for Educators** was initiated to address the fact that living through a global pandemic has resulted in social and economic challenges in every aspect of work and life. This has placed health and wellbeing demands on all educational professionals, unlike anything this generation has seen before.

Programme Aim: With a clear focus on resilience and mental wellbeing this course offers professional learning to colleagues across the Forth Valley and West Lothian Improvement Collaborative providing them with a greater ability to;

- manage feelings of stress, worry and anxiety
- deal with the many demands place on them with confidence, wellbeing and resilience
- handle difficult situations and relationships with more perspective and ease
- access more peace of mind and clarity both at work and at home

Pilot Method

Twelve hours online interactive webinar over a period of four weeks. The pilot was delivered to 60 colleagues in May/June 2020.

The **iheart** model provides a fresh approach to;

- uncovering resilience & wellbeing
- managing challenges more successfully
- dealing effectively with personal & professional issues

Its unique approach is based on;

- Prevention - it prevents fires, rather than put out fires
- Health - focuses on mental wellness, not mental illness
- Education - explains what is innate & inbuilt in every human being

Pilot Measurements & Improvement Methodology

Participants completed a pre-course questionnaire and in collaboration with Forth Valley West Lothian Regional Improvement Collaborative (RIC) this data was analysed to identify the issues and challenges raised by the participants. The programme was delivered by **iheart** advanced facilitators who created a bespoke experience for participants by regularly analysing and evaluating the data to meet their needs. Weekly facilitator meetings underpinned by improvement methodology principles allowed the content to be adapted as required. Data will continue to be collected for a further period of 3 months post programme to measure the sustainability and ongoing impact of learning.

Results – qualitative

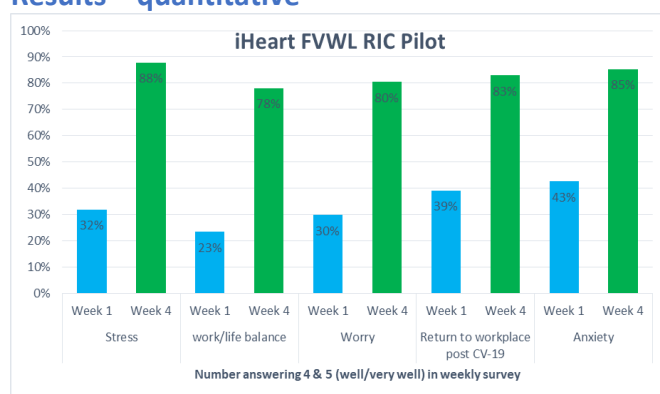
“The course made me think about my ability to deal with challenging situations and is starting to impact my personal and professional life in a positive way” - L. Creaney, PT

“I now feel better equipped to think logically and make positive decisions for myself and others” - M. Watson, DHT

“I’m still concerned about Covid-19 and returning to work... but it’s no longer having the same impact on my wellbeing” - J Gentles, PT

“Life changing!” - M Ramsay, PT Pupil Support

Results – quantitative



The above graph illustrates the percentage difference in 5 focused areas from Week 1 – Week 4 of the number of participants answering 4 & 5 (well/very well in the weekly survey.)

Conclusions

At the end of 4 weeks the data indicated a significant change in the following;

- 56% improvement in dealing with stress
- 51% improvement in dealing with worry
- 43% improvement in dealing with anxiety
- 55% improvement in managing work/life balance
- 44% improvement in ability to manage the return to the workplace during the easing of CV-19

Further Steps

- Provide the opportunity for other staff within the RIC community and beyond to attend future Level 1 courses
- Provide opportunity for participants interested in Level 2 training which allows delivery of the **iheart** curriculum for young people within the school and community
- Gain endorsement from Education Scotland for Level 1 & 2 programme

Contact Details

For further information on this case study contact:
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