Re-balancing Educator

Well-Being

in Practice

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Today

Well - come

Situating

Exploring

About the Toolkit

Chapter Contents

Format & Style

Activating

Chapter Previews

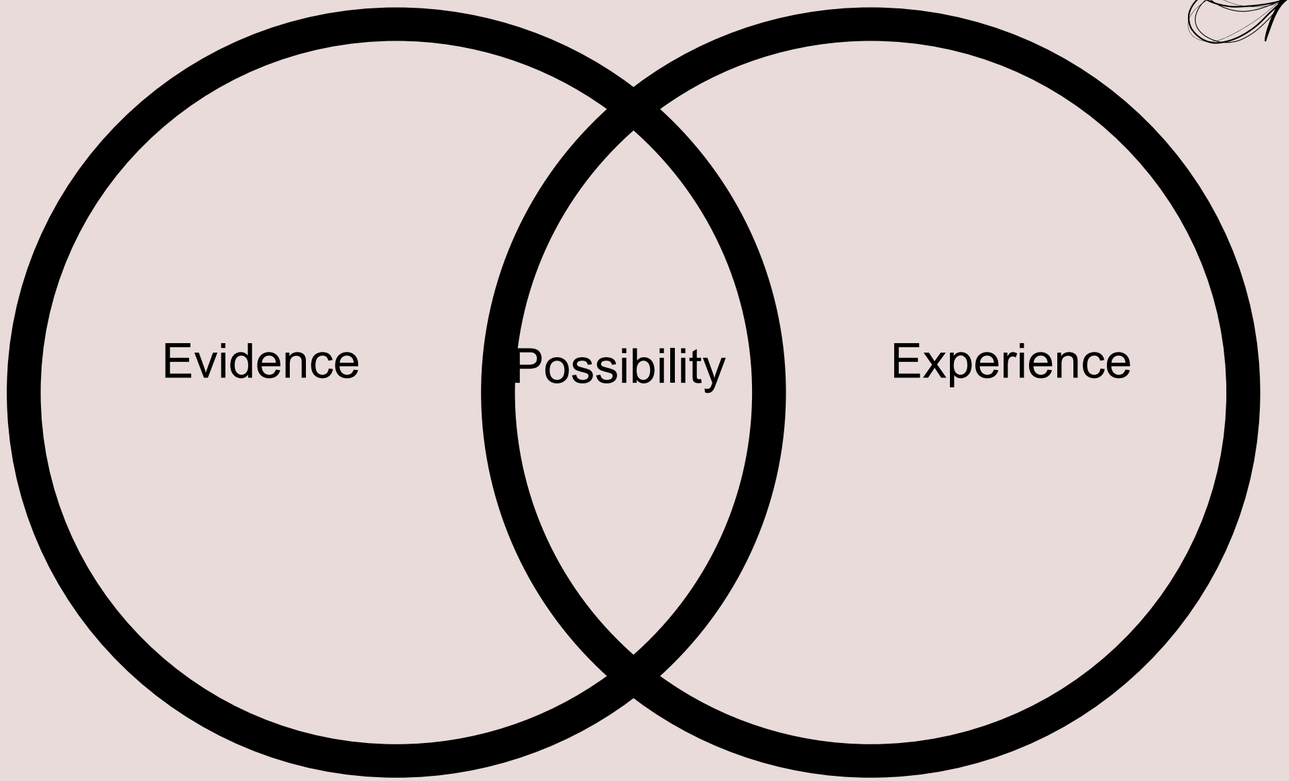
Guided Process

Reflections

Honouring

Next Steps

Situating

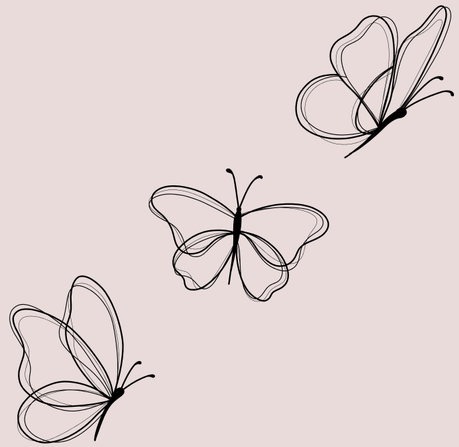


Today

- Well - come
- Situating
- Exploring
  - About the Toolkit
  - Chapter Contents
  - Format & Style
- Activating
  - Chapter Previews
  - Guided Process
  - Reflections
- Honouring
  - Next Steps

School Well-Being Toolkit

Work shop



Today

Well - come

Situating

Exploring

About the Toolkit

Chapter Contents

Format & Style

Activating

Chapter Previews

Guided Process

Reflections

Honouring

Next Steps

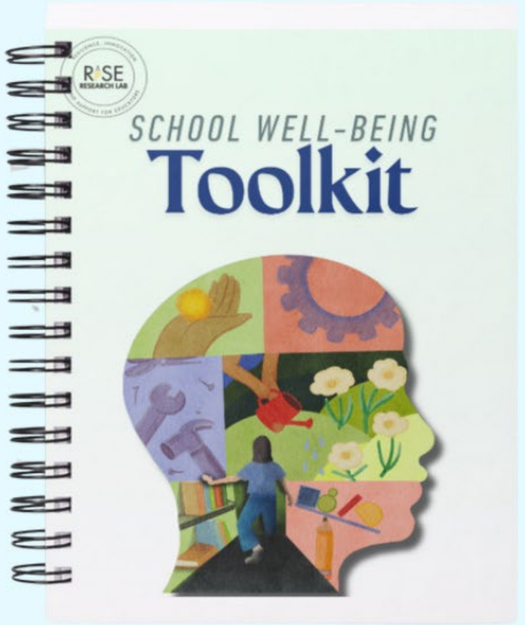
Exploring

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

Exploring

Chapter Contents

Table of Contents

Chapter 1 Responding Thoughtfully to Chronic Stress and Rising Demands
Chapter 2 Strengthening Leadership to Address Burnout and Support Retention
Chapter 3 Reducing Burnout Through System-Level Supports
Chapter 4 Navigating Instructional Change While Preserving Teacher Well-Being
Chapter 5 Aligning Change Efforts with Realistic Workload Expectations
Chapter 6 Addressing Equity and Flexibility in Times of Change
Chapter 7 Understanding Educators' Responses to Stress
Chapter 8 Supporting Students Amid Uncertainty and Disruption
Chapter 9 Tailoring Interventions During Change
Chapter 10 Creating Conditions for Recovery
Chapter 11 Differentiating Well-Being Supports for Diverse Needs
Chapter 12 Identifying Cynicism and Depersonalization During Change
Chapter 13 Acknowledging the Impact of Relational Support and Connectedness
Chapter 14 This is Us: Recognizing Varied Responses to Stress and Coping
Chapter 15 Exploring Factors that Influence Recovery From Burnout
Chapter 16 Using the Right Technology at the Right Time
Chapter 17 Transformational Leadership for Resilience
Chapter 18 Demoralization as a Form of Burnout
Chapter 19 Recovery Interventions, Well-being, Connectedness and Organizational Commitment
Chapter 20 Post-Traumatic Growth and Protection from Burnout
Chapter 21 Dynamic Perspectives on Education and Well-Being
Chapter 22 Measuring Educator Recovery After a Workshop Intervention
Chapter 23 School-Based Workshop Interventions for Organizational Health
Chapter 24 Organizational Commitment – Separate but Together
Chapter 25 Canadian Educators' Well-Being, Recovery and Student Needs

Today

Well - come

Situating

Exploring

About the Toolkit

Chapter Contents

Format & Style

Activating

Chapter Previews

Guided Process

Reflections

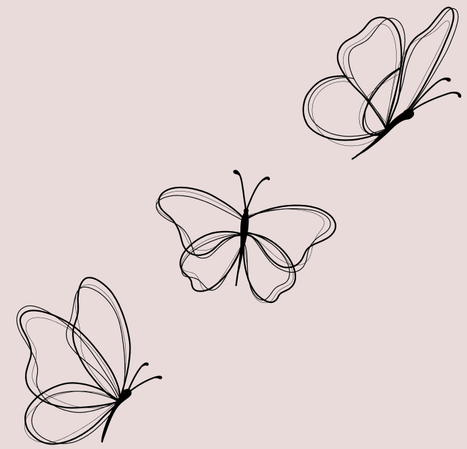
Honouring

Next Steps

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



Today
Well - come
Situating
Exploring
About the Toolkit
Chapter Contents
Format & Style
Activating
Chapter Previews
Guided Process
Reflections
Honouring
Next Steps

Activating

Chapter Previews

Today
Well - come
Situating
Exploring
About the Toolkit
Chapter Contents
Format & Style
Activating
Chapter Previews
Guided Process
Reflections
Honouring
Next Steps

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?

Today
Well - come
Situating
Exploring
About the Toolkit
Chapter Contents
Format & Style
Activating
Chapter Previews
Guided Process
Reflections
Honouring
Next Steps

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?

Today
Well - come
Situating
Exploring
About the Toolkit
Chapter Contents
Format & Style
Activating
Chapter Previews
Guided Process
Reflections
Honouring
Next Steps

Guided Process

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?

Today

Well - come

Situating

Exploring

About the Toolkit

Chapter Contents

Format & Style

Activating

Chapter Previews

Guided Process

Reflections

Honouring

Next Steps

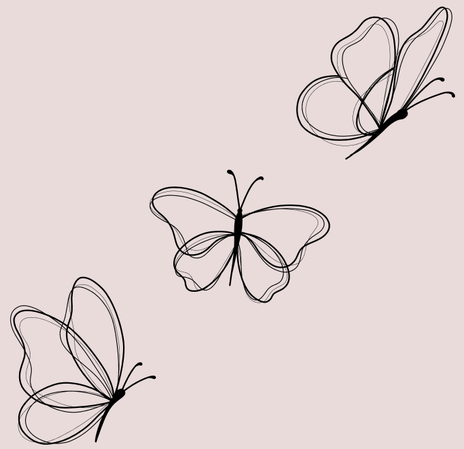
Reflections

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 .

Today
Well - come
Situating
Exploring
About the Toolkit
Chapter Contents
Format & Style
Activating
Chapter Previews
Guided Process
Reflections
Honouring
Next Steps

Honouring



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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Well - come

Situating

Exploring

About the Toolkit

Chapter Contents

Format & Style

Activating

Chapter Previews

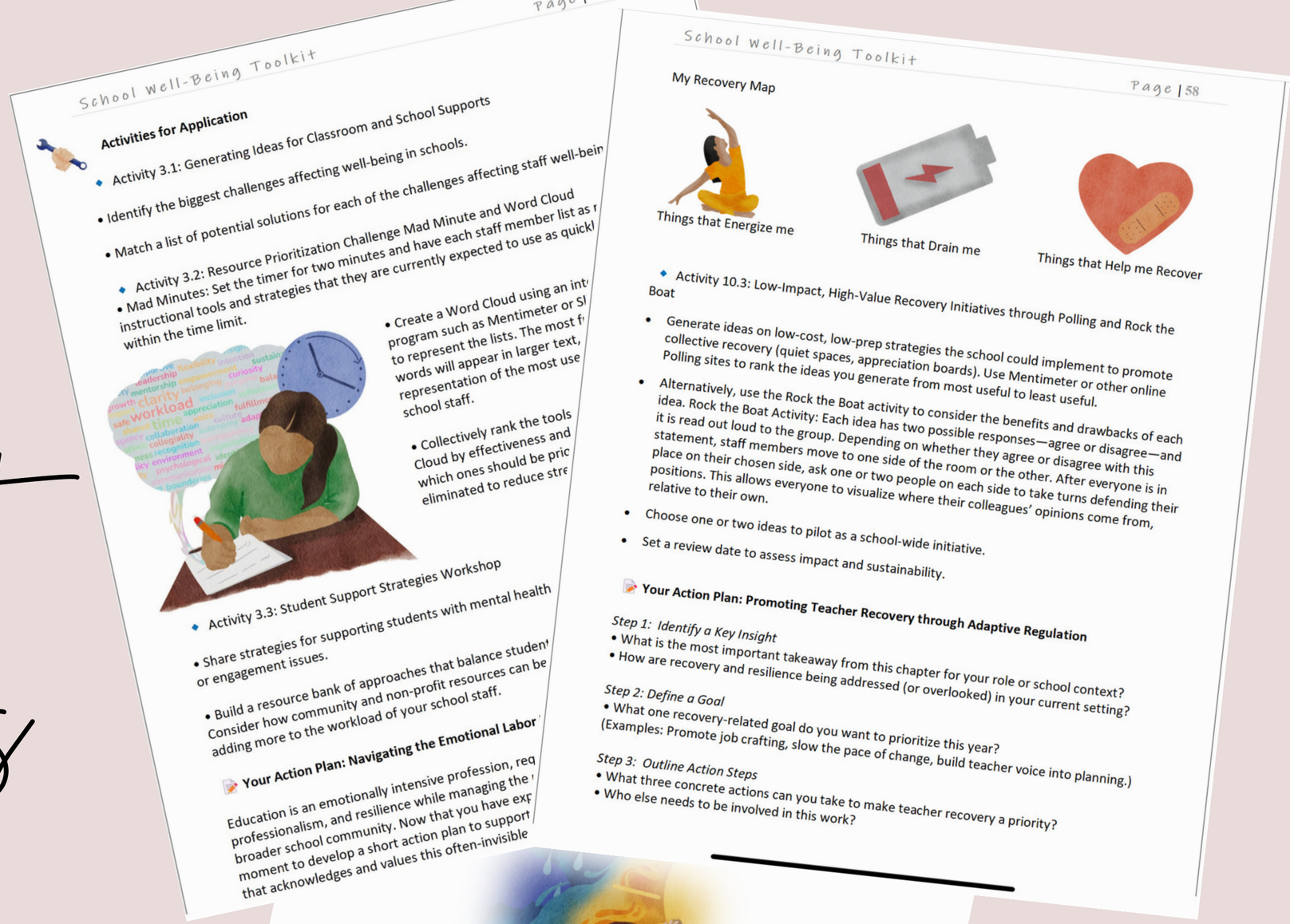
Guided Process

Reflections

Honouring

Next Steps

Next Steps



Today

Well - come

Situating

Exploring

About the Toolkit

Chapter Contents

Format & Style

Activating

Chapter Previews

Guided Process

Reflections

Honouring

Next Steps

Thank you!

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