



# Be Well – School & Preschool Leaders

Program outline



**Government  
of South Australia**

Department for Education

# Welcome to the Be Well – School & Preschool Leaders program

The South Australian public education strategy emphasises wellbeing to empower school and preschool leaders like you, to effectively fulfil your roles. The Be Well program focuses on how your personal wellbeing significantly influences the overall health of your school or preschool community.

Facilitated by Be Well Co and aligned with the department's commitment to empowered leadership, this program aims to support you in:

- enhancing your wellbeing and resilience
- nurturing a positive leadership mindset
- developing strategies which support leadership to thrive.

This program aligns with the latest mental health and wellbeing research that focusses on achieving sustainable outcomes. During the session, you'll use the Be Well Tracker to assess your wellbeing, and receive confidential insights into the 6 key domains of mental health: wellbeing, resilience, anxiety, stress, mood and health. These insights will guide and support you throughout your participation in the program.

Through a mix of group activities and self-reflection, you'll create your own personalised Be Well Plan, and explore strategies to enhance your team's wellbeing. You'll practise the skills learned during the program and access a 'strategy activity bank' to assist you with the ongoing support of others.

## The learning

### Day 1: Wellbeing fundamentals

- Discover the impact of mental health on society, schools, and education.
- Learn practical strategies for improving personal and organisational mental health.
- Experiment with evidence-based wellbeing activities.
- Identify early warning signs of low mental health in ourselves and others.
- Learn about WHS and role responsibilities, and how to assess for risk that may require further support.

### Day 2: Building and maintaining mental wellbeing

- Understand how to address negativity bias.
- Implement strategies to maintain wellbeing during challenging times.
- Expand your Be Well Plan with new activities.
- Access South Australian support services, tools, and resources, including strategies for recovery and returning to work.
- Plan how you'll share your insights and strategies with your school or preschool community.

## Program requirements

To achieve satisfactory completion, you'll need to actively participate in all program days and activities.

When you've met the above requirements listed, you'll receive a certificate of completion from Orbis. This can be used as evidence for your required professional learning hours for registration renewal. If you're unable to meet these requirements, please contact Orbis to discuss.

*"A great 2 days of learning! I really valued the opportunity to reflect and share. There are some specific strategies that will support both myself and staff to build their skills. I appreciated the open sharing with others."*

Keleisha Bunfield, Watervale Primary School

Engaging.  
Empowering.  
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