



# Prioritizing Well-Being Among School and District Staff, Educators, and Administrators

## Staff Well-Being Webinar Series

Join Alliance for a Healthier Generation and Kaiser Permanente Thriving Schools for a four-part professional learning series that prioritizes staff well-being.

Health and well-being are fundamental to our success in educating youth, engaging families, collaborating with colleagues, and maintaining a healthy work-life balance. Therefore, we must put our well-being at the forefront while serving others.

### SCAN THE QR CODE TO REGISTER

During these one-and-a-half-hour interactive sessions, participants will hear from experts in the field, engage in peer learning, practice strategies, and explore implementation resources that can be applied to their work settings.

All school and district staff, regardless of position or title—including cafeteria workers, bus drivers, paraprofessionals, teachers, and administrators—are encouraged to join this no-cost webinar series. Access previous staff well-being webinars [here](#).



## Positive Staff Relationships Promoted by Schools and Districts

**Thursday, January 25, 4 p.m. EDT, 1 p.m. PDT**

Promoting and creating spaces where staff can build relationships is important for the well-being of all school and district staff. Register to hear strategies from peers and experts to better promote positive staff relationships.

## School Offers Opportunities for Staff Gratitude

**Thursday, February 22, 4 p.m. EDT, 1 p.m. PDT**

Creating sustainable, ongoing, two-way gratitude practices can significantly increase staff well-being and productivity. Join us to share best practices and success stories to create opportunities for gratitude at your school or district.

## Space in Schools for Staff Breaks

**Thursday, March 14, 4 p.m. EST, 1 p.m. PST**

Ensuring staff have a place to relax, enhanced by a system of support, is critical for the well-being and culture of the workplace. Discover how to create these vital spaces for your school or district staff and create a happier and healthier environment.

## Wrap-Up Session

**Thursday, April 11, 4 p.m. EST, 1 p.m. PST**

Participants' identified priorities and previous session feedback will determine the content for the final session and group discussion.

**Register to attend all sessions live or receive the recordings:**

<https://www.healthiergeneration.org/app/resources/1823>