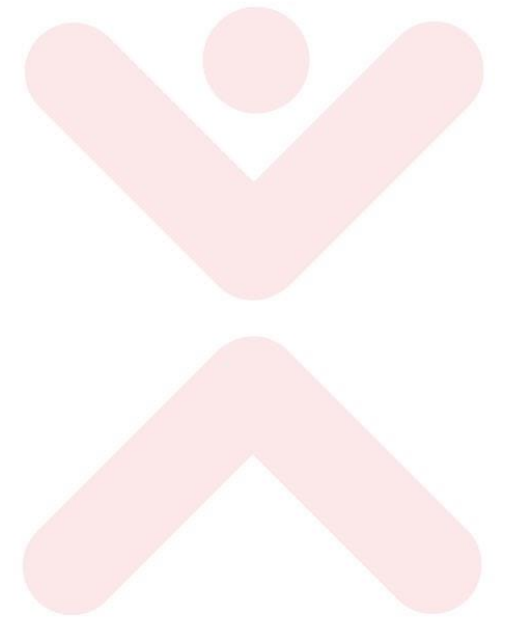


A multi-pronged approach to Staff Wellbeing

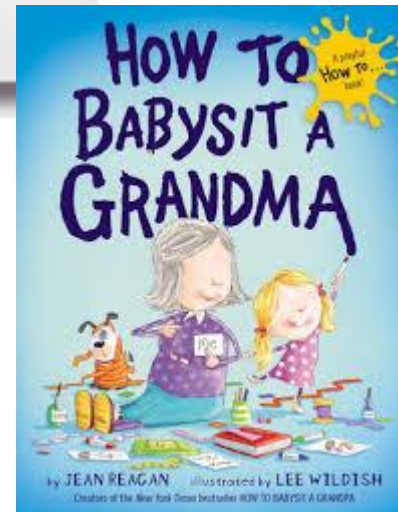
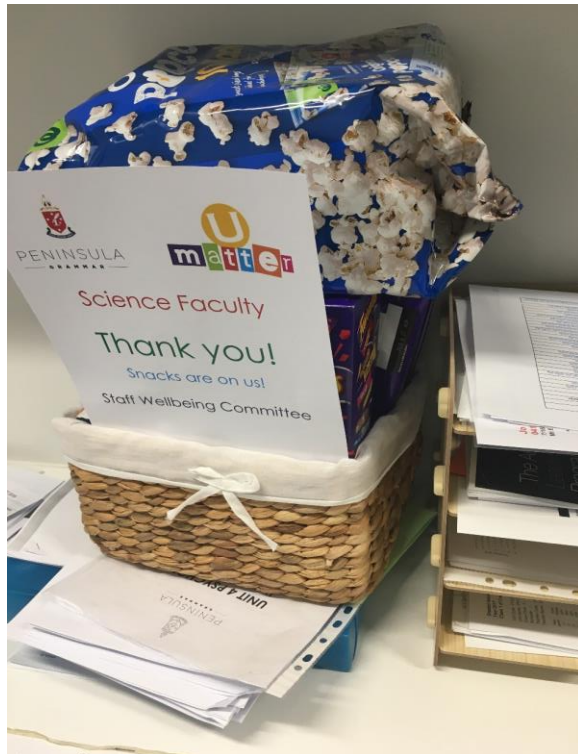
Peter Ford

Deputy Principal – Student Wellbeing

Peninsula Grammar



A multi-pronged approach to Staff Wellbeing








We are here to help our school community to learn, grow, flourish. If you have an idea or suggestion to make Peninsula Grammar even better, please let us know.

STAFF WELLBEING COMMITTEE

Representatives from across the school focused on proactive and pre-emptive initiatives for staff wellbeing.

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CONTACT OFFICERS

Contact officers are trained to listen to colleagues, to act as a sounding board, to advise staff on options available and to help with solving problems or resolving grievances.

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CONSULTATIVE COMMITTEE

Representatives from across school focused on consultative and response processes regarding staff terms & conditions.

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WORKPLACE HEALTH & SAFETY COMMITTEE

Representatives from across school focused on proactive processes for risk, management and occupational health and safety.

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For additional wellbeing support, please see our Staff Wellbeing page on Zenith or contact our Employee Assistance Provider Lifeworks on 01 850 8282



Staff Wellbeing Support



...when relationships matter






Wellbeing Committee





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THE PRIVATE SEA
floatation centre

Peninsula Grammar Discount Rate
\$55 = one hour





Key take-aways

- It doesn't have to cost money
- Authentic gratitude can make a huge impact
- Focus on relationships & clear communication
- Celebrate the good news together
- Remember the mind-body connection – we need to move
- Involve staff – it is not only leadership that impacts wellbeing

