



# Wellbeing for Principals



## Overview

**As a school principal, it is crucial to look after your own wellbeing at a time of increased stress, anxiety and feelings of personal and professional isolation. Serving your school community requires resilient, well leaders.**

This suite of professional learning is designed to give Principals the opportunity to learn from a diverse range of experts, connect and learn from peers and embed sustainable wellbeing practices. In collaboration with the Resilience Institute, you will work on specific wellbeing goals within a supervised Professional Learning Circle.



## Who will benefit from this programme

Primary and secondary principals from across the motu looking to improve their wellbeing within a supportive and like-minded professional community.



## Learning outcomes

You will build resilience in the face of ongoing challenges, set individual wellbeing goals, and create a supportive professional network. This programme will help you:

- Meet goals set through an individualised Wellbeing Plan
- Master resilience
- Optimise daily routines
- Enhance focus and empathy
- Cultivate leadership and influence
- Achieve optimal performance through flow.



## Programme outline

With the guidance of global and national experts in wellbeing, this 4-term programme combines three key elements to help principals create a wellbeing plan and progress toward their wellbeing goals, facilitated by experienced former or current principals.

### Resilience Training

The Resilience Institute will guide you through your individual wellbeing assessment and lead you through four themes of resilience development: Bounce, Grow, Connect and Flow.

**4 x online workshops**  
(once per term)

### Facilitated Professional Learning Circles (PLCs)

Connect with other principals in a focused PLC consisting of a maximum of 6 people. An experienced principal facilitator will lead stimulating, personalised discussions about your wellbeing goals in a supportive environment. Participation in a primary or secondary-focused PLC can be supported.

**8 x online mentored PLCs**  
(twice per term)

### Expert-led Wellbeing Perspectives

An exciting and diverse range of experts will share their unique perspectives on wellbeing and how they apply to your own wellbeing journey.

**3x online expert-led sessions**



## Programme details

**Cost:** \$2,995 per person + GST

Enrolment in Wellbeing for Principals meets the criteria for the Principal Wellbeing Fund.

One-to-one coaching is available at an additional charge.

### Dates and Times:

- PLC sessions are available Tuesdays, Wednesdays or Thursdays. Please visit our website for detailed information about the available times.
- Choosing one of the PLC sessions will automatically enrol participants in the Resilience Institute workshop on the same day of the week.
- Interested in working one-to-one with a certified coach to support your wellbeing goals? We can connect you for an additional fee. Please contact us to see how we can help.



## Register your interest

For more details on this course and how to register, please scan the QR code, or visit our website: [learningcircle.co.nz/pld/principal-wellbeing](https://learningcircle.co.nz/pld/principal-wellbeing)



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