

10 WAYS MANAGERS CAN SUPPORT EDUCATION STAFF DURING THE CURRENT CORONAVIRUS CRISIS

 @BELIEVEPHQ

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01

Debrief your team. Teachers will need support to reflect on these issues and deal with the emotional impact.



02

Encourage staff to establish a work routine. Give as much flexibility as possible to allow people to manage childcare, and other personal demands



03

Help staff to maintain a clear sense of purpose - what they are there to do and what is most important - and help them to make it meaningful in this current situation



04

Encourage staff to distinguish between what they can and can't control



05

Help staff to identify which colleagues can energise and support them and encourage them to reach out and connect with these colleagues



06

Encourage staff take care of themselves and need to role model this behaviour



07

Encourage staff to practice gratitude - focus on the positive and celebrate small victories and be liberal with praise



08

Accept uncertainty - when will school go back? How can they safely? These are all things we cannot control, so try to focus on what we can control.



09

Encourage and promote regular exercise, good nutrition and positive sleep routines



10

Develop a two-way flow across school or college network, supporting & supported.

