

Educator Wellbeing



The course aims to promote the wellbeing and self-care of educators, enabling them to create a positive work environment and support the mental health of both them and their colleagues. By addressing stress management, conflict resolution, fostering connections, and cultivating psychological safety, educators can thrive both personally and professionally.

Areas covered within the course include:

- Supporting your own mental health as well as those around you
- Stress management basics
- Conflict and interpersonal issues at work
- Connection with others
- Psychological safety.

Course Alignment

National Quality Standards	EYLF and VEYLDF	Certificate III in Early Childhood Education and Care (CHC30121)
<p>Standard 4.1 – Staffing Arrangements Staffing arrangements enhance children's learning and development.</p> <p>Standard 4.2 – Professionalism Management, educators and staff are collaborative, respectful and ethical.</p> <p>Standard 7.1 – Governance Governance supports the operation of a quality service.</p> <p>Standard 7.2 – Leadership Effective leadership builds and promotes a positive organisational culture and professional learning community.</p>	<p><u>EYLF Principles</u></p> <ul style="list-style-type: none">• Secure, respectful and reciprocal relationships• Partnerships• Respect for diversity• Aboriginal and Torres Strait Islander perspectives• Equity, inclusion and high expectations• Sustainability• Critical reflection and ongoing professional learning• Collaborative leadership and teamwork <p><u>VEYLDF Practice Principles</u></p> <ul style="list-style-type: none">• Reflective Practice.• Respectful relationships and responsive engagement.• Partnerships with professionals.	<p><u>HLTWHS001</u>: Participate in workplace health and safety</p> <p><u>HLTAID012</u>: Provide First Aid in an education and care setting</p> <p><u>CHCPRP003</u>: Reflect on and improve own professional practice</p>