

When your staff thrive,
you all thrive.



Are you or your colleagues facing these challenges?



Stress



Anxiety



Depression



Burnout

Teacher Index 2023 Findings:

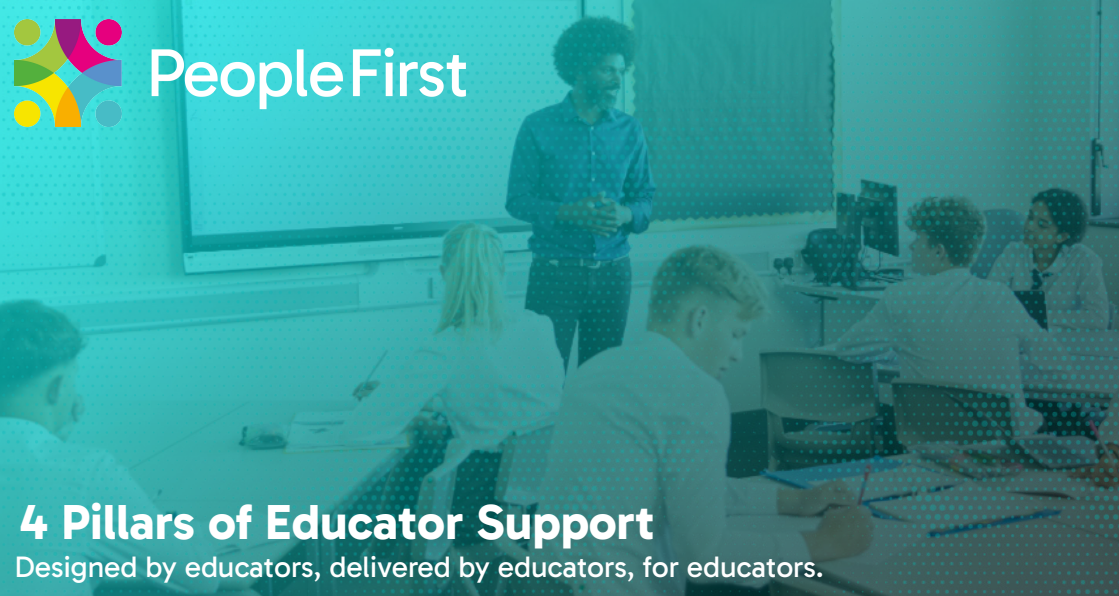
- 80% of education staff report being stressed.
- 57% have considered leaving due to mental health concerns.
- 50% experienced burnout in the past year.
- 75% say their workload has increased.
- 70% feel their school lacks sufficient mental health support.

The wellbeing of educators is essential for inspiring and supporting students. Healthy, resilient staff lead to better educational outcomes and a stronger school community.





People First



4 Pillars of Educator Support

Designed by educators, delivered by educators, for educators.

**Supportive
school
culture**

Strengthen community and boost staff engagement for a positive learning environment.

**Workload &
Time
Management**

Reduce stress-related absenteeism, ensuring consistent and effective teaching.

**Stress &
Anxiety
Management**

Manage stress to improve attendance and reduce supply costs.

**Work-Life
Balance**

Improve work-life balance to increase job satisfaction and boost retention.

CONTACT US

Empower your educators with comprehensive support to address current challenges and build resilience for the future.

Partner with People First to develop a comprehensive wellbeing programme that enables your staff to thrive.

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🌐 www.People-First.uk

**Ready to prioritise
staff wellbeing?**

