



## Prioritizing Workplace Wellbeing in Canadian K-12 Education

Developed by the EdCan Network, Well at Work empowers education leaders to design and implement system-wide strategies to improve K-12 workplace wellbeing for the long term – all while creating a pan-Canadian network of passionate educators, researchers, practitioners, and stakeholder groups.

### Discover Well at Work!

- Access to free articles and resources via [Education Canada](#) and the [Well at Work website](#).
- Engage with a pan-Canadian [community of practice](#) of passionate K-12 workplace wellbeing champions (practitioners and experts).
- Ongoing stakeholder engagement across all levels to build awareness, understanding and a commitment to fostering systemic approaches to creating healthier workplace environments.
- Professional learning opportunities and Well at Work Advisory Services tailored to improve workplace wellbeing (offered on a cost recovery basis).

## Well at Work Advisors Services

Well at Work Advisors Services take a comprehensive approach focused on systemic change. With the help of an Advisor, school districts collect and assess wellbeing-related data and determine their readiness to co-design a plan with actionable strategies to support the wellbeing of their staff.

### Springboard for Workplace Wellbeing

Begin with a structured assessment to uncover school districts' strengths, opportunities, and actionable next steps. Combining quantitative and qualitative data collection and analysis, our Well at Work Advisors provide nuanced insights and actionable strategies to prioritize and improve workplace wellbeing.



### Deepen and Enhance Promising Practices

Enhancing workplace wellbeing is an ongoing journey. Our team of Advisors provide continuous coaching, consulting and advisory services, empowering wellbeing champions to make meaningful and lasting improvements to their workplace context.

## Professional Learning Services: Empower District Staff Teams!

Create staff capacity and confidence to foster workplace wellbeing with customized professional learning opportunities. Get started with a half-day or full-day workshop to build a shared language and understanding. Or delve deeper to cultivate a sustained cultural shift with a professional learning cohort. Commonly requested topics include:

- Leadership Wellbeing
- Systems and Cultures that Support Wellbeing
- Shaping Healthy School Environments
- Psychological Safety

“This is by far the best PD I have attended where you leave inspired” and “I always walk away with a renewed sense of wellbeing and a revived energy for this work and its importance in education.”



## Why choose Well at Work?



### Successful Canadian Model

Developed by educators for educators, Well at Work Advisors Services benefit from successful evidence-based Canadian models, ensuring relevance and effectiveness.



### Experienced and Adaptable Advisors

Our Advisors are experienced Canadian K-12 system leaders who actively contribute to our pan-Canadian learning community, offering collective expertise.



### Customized Support to Suit Unique Needs and Context

Recognizing the unique contexts, challenges, strengths and distinct needs of each school district, we tailor our recommendations to resonate with – and make real change – for staff teams.



### Building Capacity

Our goal is to bolster the capacity of district teams through research-based professional learning, and practical strategies, for sustained progress for workplace wellbeing.



### Embracing Shared Responsibility

We see workplace wellbeing as a shared responsibility among employers, employees and representative unions/associations. Everyone has a crucial role in fostering a healthier work environment.



### Systemic Approach

We focus on long-term, sustainable change by embedding wellbeing into school community structures, policies and practices and culture. Our approach goes beyond individual wellness strategies to addresses the underlying issues affecting employee wellbeing.



### Choose to Support a National Charitable Organization

Well at Work, a core initiative of the EdCan Network, directs all proceeds from our Advisors Services toward advancing our primary purpose: equipping education professionals with research-informed tools and a supportive network where everyone flourishes.

## We've seen it all!

With experience working with school districts across Canada, our team of Well at Work Advisors has successfully supported school districts through:

- 100% burnout rates
- Unproductive, harmful relationships
- Low levels of psychological safety
- Severe challenges in employee groups

## Get in touch

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## Explore our calendar of upcoming events

<https://k12wellatwork.ca/events>

## Where we work

