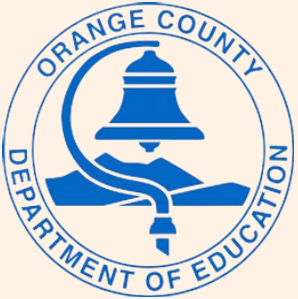


Staff Well-Being in Action



Presented by
Kat Satterley
Dareen Khatib and Allyson Reeds



What to Expect for the Next 90 Minutes!

This dynamic three-part journey will transform how you approach staff well-being in your educational setting. Each segment builds upon the last, creating a comprehensive roadmap for sustainable wellness initiatives.

01

Kat Satterley - Building Buy-In

Discover proven strategies for creating emotional resonance and organizational support.

02

Dareen Kahtib - Nutrition & Mental Health

Explore the powerful connection between what we eat and how we feel.

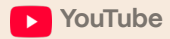
03

Allyson Reeds - Physical Activity for Regulation

Experience engaging activities that demonstrate how movement supports emotional regulation for both staff and students.

Be ready to interact, collaborate, and gather concrete ideas that you can implement immediately in your school or district!

Y'all ready for this?



Jock Jams – Are You Ready For This

Jock Jams – Are You Ready For This nice song from the movie Space Jam



▶ 03:26

Build Buy-In Through Emotional Resonance

PLAY!



Why Play Works

When we engage people through joyful, interactive experiences, we create positive associations that last. Play breaks down barriers, builds connections, and makes complex concepts memorable and actionable.

Remember: People don't resist change – they resist being changed. When you create experiences that feel good and meaningful, you're not imposing change, you're inviting transformation.

Emotional Connection

Play activates mirror neurons and creates shared positive experiences that build trust and openness to new ideas.

Reduced Resistance

Fun activities lower psychological defenses, making people more receptive to change and willing to try new approaches.

Enhanced Memory

Positive emotions strengthen memory formation, helping participants retain and apply what they learn long after the session ends.

Lets Play!

Ask People and Share What's In It For Them

The Power of Personal Connection

Research consistently shows that sustainable change happens when people understand the personal benefits and feel heard in the process. Start every well-being initiative by asking staff what matters most to them, then clearly connect your programs to their expressed needs.


"When educators see how staff well-being directly impacts their daily stress levels, job satisfaction, and ability to connect with students, they become champions rather than participants."


San Diego Leadership Recommendations



Remember: Well-being isn't a program you add to your school – it's a lens through which you view everything you already do. Being self aware of what your triggers and stressors are and your reaction is key!



 YouTube



The Three B's

The trick to managing your stress is to be aware of your responses: your three B's. School staff well-being is essential to a healthy and resilient school. With this in mind, Healthier Generation,...

Stress management plan worksheet



Action Plan Guides

Take what you like and
leave the rest!

Action Jackson Approach

Move from planning to doing with concrete, bite-sized actions that create momentum and demonstrate immediate value to your staff.



- **What can you do for YOU that would help you to feel more motivated to inspire change?**
- **LISTEN to your staff and respond with humility and intention.**
- **Make a plan using the tools and resources available. Find a cadence that works. We recommend once per month, shifting the time of the offering and embedding.**
- **Don't reinvent the wheel. We have tried and true practices that are working!**



Santa Barbara School Wellness Summitt – Google Drive

