

Administrator/School-Focussed Wellness

01

Promote peer coaching.



02

Create a climate absent of fear to promote personal wellness.



03

Stigma reduction through education regarding personal wellness and health.



04

Mobilize and support the positive champion.



05

Know how to have a conversation with a negative leader.



06

Acknowledge the importance of emotional intelligence.



07

Work toward stigma reduction.



08

Creation of a positive school culture is an administrator's most important contribution.



09

Foster positive relationships within the school through supportive exchanges.



10

Go with the teachers you know are positive and are willing to "buy in."



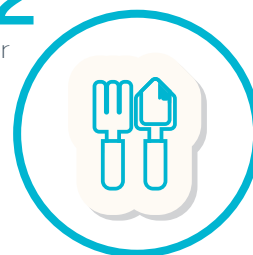
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Psychoeducation helps when addressing school mental health.



12

Be proactive rather than reactive in issues related to mental health.



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Plan wellness workshops and activities.



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Offer Mental Health First Aid.

