

This is Milk

Role Description [Wellbeing Learning Leaders](#)

What will Wellbeing Learning Leaders achieve:

- Learn about and implement tools to look after their own wellbeing.
- Share tools and skills with their peer communities.
- Become equipped with knowledge to better support mental health and wellbeing.
- Embed positive changes in the education workforce.
- Be a role-model for learners
- Instigate initiatives to improve wellbeing in the education workforce
- Empower colleagues to improve wellbeing in workplace
- Create a workplace culture where colleagues can say how they are feeling and ask for help without fear of judgment

Things they will do to achieve this:

- Attend training programme to learn tools and put these into practice.
- Share tools and learning with peer community.
- Role model good mental health behaviours and take time to be aware of their mental health and wellbeing.
- Share information, resources, and campaigns about mental health awareness, wellbeing and support to their workplace and wider context
- Make and foster links between existing internal networks, strategies and groups.
- Feeding back any issues that have been identified as a potential area for improvement
- Remember that being supportive is not the same as providing support

What Wellbeing Learning Leaders will not do

- Provide long term 121 support for any colleagues struggling with a mental health problem
- Be asked to act as therapist or councillor in lieu of professional supports
- Promise confidentiality when someone is at risk to themselves or others
- Carry out interventions when a colleague is experiencing a mental health crisis
- Share learning, resources and techniques from unverified sources
- Pressure others into disclosing their own experience of poor mental health
- Walk on by if someone is struggling, instead, find an appropriate person to assist

Attitude

- A passion to improve mental health literacy amongst peers for the benefit of all
- Open to learning new skills and attitudes towards mental health
- A compassionate and empathetic manner
- Have considered their own mental health situation, are they in the right position themselves to help others should they need to