



Yo Yoga Soul

Mindfulness & yoga. For staff in primaries, schools and colleges

Introduction

Thank you for downloading this ever growing list of frequently asked questions list for teachers and educators. If you have a question which isn't answered here, please call or email me.

Tristessa Moore

Tristessa Moore (Founder, Yo Yoga Soul)

Is staff well-being in education an Ofsted requirement?

The recognition that educational staff workload and well-being is an important responsibility of school leadership is growing and it will be included in the Ofsted School Inspection Handbook from September 2019.

Should Ofsted be the main reason why we should care about staff well-being in education?

No, but it leads to better performance, engagement, and employee retention. Recent research by Professor Jonathan Glazzard of Leeds Beckett University also showed that 77% of teachers surveyed reported “that poor teacher mental health is having a detrimental impact on pupils’ progress.”

Why should a school or college make staff well-being a priority?

- 67% of teachers are stressed at work
 - 29% work more than 51 hours a week - approximately 14 hours more per week than the national average of 37.4 hours (Office for National Statistics)
 - 74% say the inability to switch off from work is the major contributing factor to a negative work-life balance.
 - 31% experienced a mental health issue in the past year
 - 72% say workload is the main reason for considering leaving their jobs
 - Over 70million prescriptions are given out each year for stress, anxiety and depression
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Why is Yoga and Mindfulness of benefit to the well-being of staff in education?

Studies have suggested that Mindfulness and Yoga can reduce burnout, increase greater resilience to stress, lessen anxiety, and sickness absence as well as improve relations and co-operation between colleagues. It can also enhance attention, concentration, and focus thus aiding performance. Staff notice the first sign of stress and are more likely to be involved in greater self-care: They enjoy their work more and have a better work/life balance.

Mindful Yoga helps staff explore their reaction to stressful situations, especially if they cannot control the event itself or those involved. It allows them to remain calm and act on better decisions. It is also a positive agent in accepting change whether this is driven by the school or government policy.



Yo Yoga Soul

Let Yo Yoga Soul Help

Get in touch to discuss how Yo Yoga Soul can help to deliver a tailored mindfulness or yoga programme to your pupils, students or staff

www.yoyogasoul.co.uk