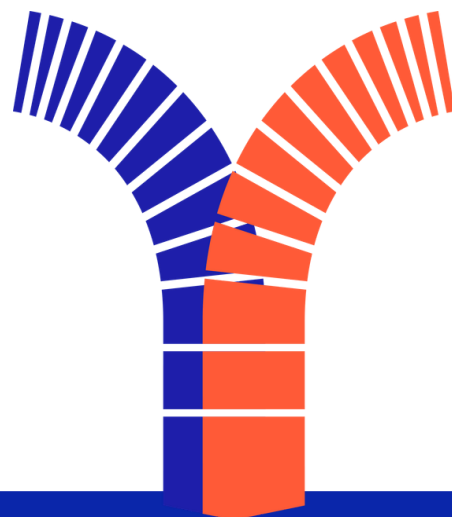




Staff Wellbeing Support: Top Tips & Reflective Questions



Practical ideas inspired by South
Leicestershire School Sport Partnership. Six
practical principles for developing a staff
wellbeing approach that is visible, inclusive
and sustainable.





01 Start by listening

Use a short staff survey and conversations with leaders to understand what is helping, what is getting in the way and where support is most needed.

Reflect: What does your staff experience tell you—not just your existing provision?



02 Appoint supported ambassadors

Identify two or three credible staff members, ideally including a senior leader and colleagues beyond PE. Give them protected time and a clear remit.

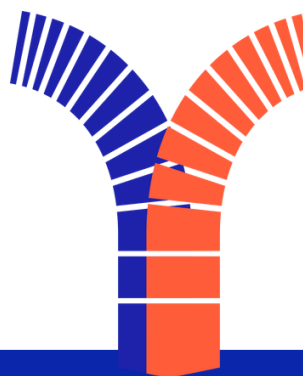
Reflect: Do ambassadors have the authority, time and support to turn ideas into action?

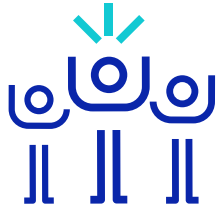


03 Use a simple framework

Build activity around the Five Ways to Wellbeing: connect, be active, take notice, keep learning and give. Let staff choose priorities that suit their context.

Reflect: Which two areas would make the greatest difference in your school now?





04 Keep actions small & inclusive

Low-cost ideas—shared books, social moments, walking challenges or inclusive activity festivals—can be easier to sustain than a large one-off initiative.

Reflect: Could every colleague take part, including those who do not see themselves as sporty?



05 Create connection and signposting

Give ambassadors access to a peer network and clear routes to local or professional support. Their role is prevention and encouragement, not diagnosis or treatment.

Reflect: Would staff know where to go if they needed more specialist help?



06 Measure, learn & adapt

Track reach, participation and staff experience. Combine numbers with feedback, review what changes, and refine the approach rather than assuming activity equals impact.

Reflect: What evidence would show that staff feel healthier, more connected and better supported?



SportPark
Loughborough University
3 Oakwood Drive
Loughborough
Leicestershire LE11 3QF

01509 462900

info@youthsporttrust.org

www.youthsporttrust.org

@YouthSportTrust

Registered charity number 1086915

Registered company number 4180163

