



**THRIVING IN UNCERTAIN
TIMES: *MAKING TEACHERS'
WELL-BEING A PRIORITY***

**Supporting
teachers' psycho
social well-being**



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Belize Central America**

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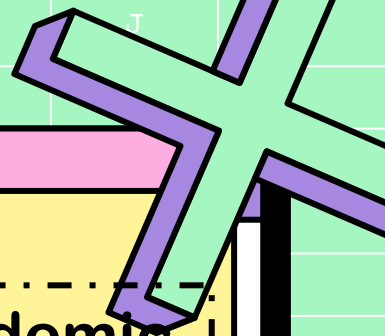
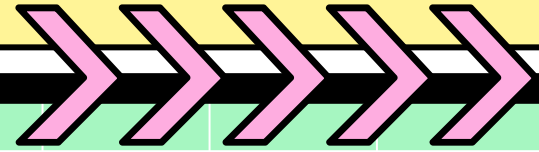
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Rationale

- ❖ Re-imagining the effects of Covid-19 Pandemic
- ❖ Realizing Maslow's hierarchy versus Bloom's taxonomy
- ❖ Understanding the reciprocity of cognitive skills versus psychosocial skills



Conceptual Framework

01

**CARICOM Sustainable
Development Goal #4**

Quality Education

02

**CARICOM Standards for the
teaching profession, 2020**

Holistic Education

03

**Belize's Standards of
practice for teaching
and teacher education,
2016**

Caring,
Compassionate &
inspiring
practitioner

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What did the Ministry of Education (MOE) do?

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PLAN

- ✓ Develop goals & objectives
- ✓ Identify resources
- ✓ Develop criteria for evaluation of outputs

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COLLABORATE

- ✓ MOE Education officers
- ✓ Local experts in country
- ✓ Belizean professionals abroad

EXECUTE

- ✓ Provide needed support to facilitators
- ✓ Identify monitors in each of the six districts to support and monitor teachers' progress



How was the course delivered?

Synchronous and Asynchronous

- Synchronous: interactive and collaborative
- Asynchronous: assignments, skill practice using multi-modal tools

Modules

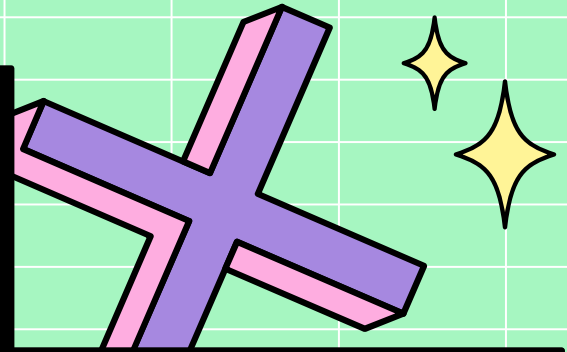
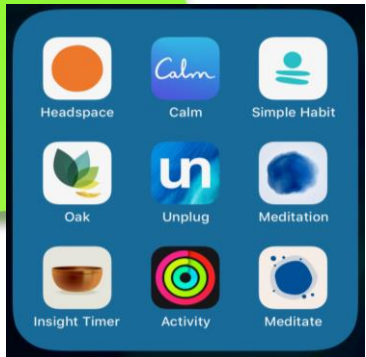
- 4 Modules (one per week; daily)
- Facilitators having the expertise

Course details

Participants understand how their brain functions in relationship to positive mindset and their well-being

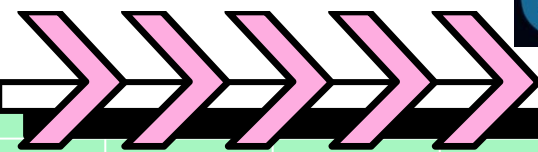
Nurturing of the mind with positive thoughts leads to the integrity of:

- ◆ speech
- ◆ actions
- ◆ of livelihood



Module 1

Mental Well-being & Mindfulness





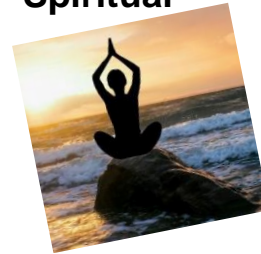
Module 2

EMOTIONAL WELL-BEING

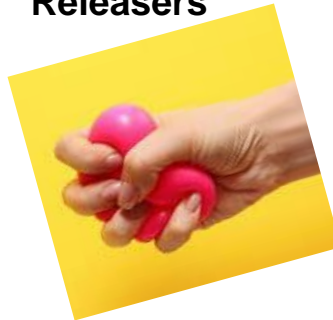
Course details

Participants learn coping skills and strategies for self-care

Spiritual



**Tension
Releasers**



Physical



Module 3

FINANCIAL WELL-BEING



Course details

Participants engage in:

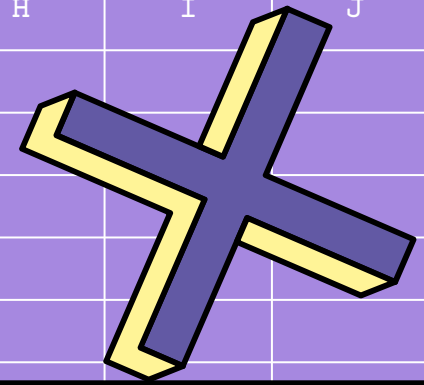
- Setting goals
- Conducting personal financial assessment
- Spending Decisions
- Developing a monthly personal budget





Course details

Participants engage in home-based physical activities and create budget friendly, tasty nutritional meal choices to positively impact their overall well-being



Module 4

Physical WELL-BEING



Lessons learnt

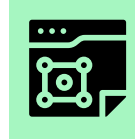
Facilitators' overload

Too many participants per facilitator



Parents engagement

Parents well-being is just as important as teachers



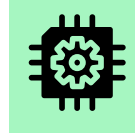
Course design

Repackage course for sustainability



Internet connectivity

Lack of internet access or intermittent connectivity



RECOMMENDATIONS



Access

Re package course to better support teachers in extreme remote areas



Systematization

Use e-portfolios as resource toolkits to document learning



Sustainability

- Design course for school leaders and education officers
- Set capacity limit given the limited human resources

“If we don’t address teacher welfare, we are going to have more collateral problems than answers to crises”
(Doucet et al., 2020).

