



## Expert Wellbeing Resources

Take manageable steps to improve your wellbeing and reduce stress with expert resources, training, and support designed specifically for those working in education.

### My Wellbeing Toolkit



#### Clarity Self-Assessment

Start by identifying what is important for you



#### Wellbeing Journeys

Designed to make the toolkit easy to use



#### Full Interactive Courses

Improve your own wellbeing & support others



#### Bitesized Learning

Help for you, even when you have little time



#### Videos, Guides & Courses

To suit how you like to learn



#### World's first AI Assistant for Education

Wellbeing & leadership answers at your fingertips

Activate your account using your work email or your school Microsoft or Google login and follow the instructions to confirm your details.

Once you are logged in you can follow the built in tour to quickly find your way around.

Activate your account today by scanning the QR code or visiting

[toolkit.welbee.co.uk](https://toolkit.welbee.co.uk)

