

## **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.



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 Al Assistant for Education Wellbeing & leadership answers at your fingertips