



The Flourish Movement®

Helping School Leaders Flourish, Not Just Cope

&

ei Pulse

Improve Student Wellbeing



Alliance of
Girls' Schools
Australasia

EI AND THE FLOURISH MOVEMENT

Together, Educator Impact (ei) and The Flourish Movement provide evidence-based products and services, focused on the wellbeing of school communities. They take on a whole of school approach which involves everyone, from leaders, to staff and students.

The Flourish Movement and ei have seen close up the impact that their programs have had in schools. We believe that: a) our programs will have a greater impact together rather than independently, b) Alliance schools have shown a commitment to innovation and being on the cutting edge of wellbeing in schools.

This is an exclusive invitation to Alliance schools to participate in a pilot group to measure how Student Pulse and The Flourish Movement can work in synergy to improve wellbeing in schools. This pilot will allow schools to: a) gain access to both these world class programs at a significantly discounted rate and b) be a part of research that delivers incredible insights around their own school as well as girls' schools as a whole and how they compare to other schools. Places are limited to the first 30 schools that register.

AGSA PILOT GROUP

The Flourish Movement

Phase 1 — Research

We partner with Deakin Business School to understand the world of school leaders. This phase includes a survey, a diary study and a one-on-one interview with a researcher from Deakin University.

Phase 2 — 4 Full Day Workshops (one per term)

This will be a hybrid group, which means you can attend the workshops in person (location TBC), or virtually.

Phase 3 — Re-testing

We measure the impact of the program by asking the participants to redo the baseline survey.



ABOUT THE FLOURISH MOVEMENT

Being a school leader is not for the faint hearted. The job has evolved significantly. It has become more demanding, broader and more complex than ever before. What our research has found school leaders have in common is they have a suit of armour that they pull on each day to go to work. Wearing the armour comes at a cost. The most significant is the impact on their personal lives. They lack work family balance and the stress of the day comes home with them. It also has a huge impact on their health, with many of them suffering significant health issues that can be related to stress. Finally, their passion for the job is being eroded. The high levels of reporting and compliance take them further from the joy of focusing on education and making the school a better place to work and attend.

The Flourish Movement is a place where you can take off the armour, sit with your colleagues to share authentic and real conversations, and be supported with effective research evidenced strategies. The program is aligned with the recommendations from 'The Australian Principal Occupational Health, Safety and Wellbeing Survey' and is proven to have a positive impact on your health and wellbeing.

Who can be a part of this movement?

We welcome all school leaders:

- Principals
- Deputy Principals
- Assistant Principals
- Relieving Principals
- Aspiring Leaders
- Associate Principals

OUR GOALS



Improve wellbeing and reduce burnout



Improve leadership and efficiency



Rediscover your love for the job

PHASES OF THE PROGRAM



Phase 1 - Research

In partnership with Deakin University



Phase 2 - Intervention

4 full day workshops (one per term)



Phase 3 - Re-testing

We measure the impact of the program

RESULTS OF THE PROGRAM



848

School Leaders



Across

5

States



- 58%** Boundary Strength (ability to separate home and work)
- 34%** Time spent on Strategy
- 33%** Time spent coaching their staff
- 29%** How much they thought 'my personal time is my own' ie. not working in family time
- 27%** Recovery activities at work
- 24%** Time spent on Research
- 23%** Time spent Leading teaching & learning
- 18%** Work family balance
- 17%** Time spent on People development
- 16%** Belief that 'my life is ideal'
- 15%** Recovery activities at home
- 11%** I am considering leaving my job due to high work pressure and/or stress.
- 19%** Feeling that they are overwhelmed by their workload
- 20%** Stress levels
- 20%** Work pressure and stress levels impact my ability to have an adequate level of sleep.
- 21%** Time spent on Admin
- 25%** Time spent on Crisis management
- 26%** Time spent on Conflict
- 36%** Interruptions in a day

To view **The Flourish Movement's** full brochure, click **HERE**.



WHAT IS PULSE?

ei Pulse is a Wellbeing platform that amplifies a school's support for student wellbeing and engagement. It replaces anonymous, long-form, annual surveys with a regular, 60 second check-in. ei Pulse asks students how they are feeling once a week, and collects their responses to 5 sentiment and engagement questions along the way.

HOW CAN PULSE HELP?

ei Pulse makes it safe and easy for students to ask for help. Teachers get a clearer understanding of how individual students are feeling so they know who needs their help most. ei Pulse provides deep insight into wellbeing and sentiment data to improve the whole school experience.

WHY SCHOOLS CHOOSE EI PULSE?

1 Real-time data, all the time

ei Pulse checks in with every student once a week. In 60 seconds students can provide statistically significant school-wide wellbeing data that is up to date, every week.

2 Moving beyond measurement

ei Pulse is far superior to any point-in time survey or form based method of collecting data because it enables schools to take action and intervene early, especially at individual student level.

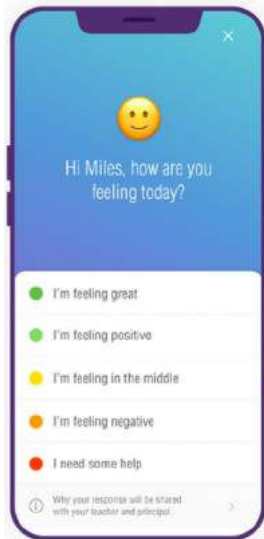
3 Connecting students with help

Students will reach out when they feel sad enough and safe enough at the same time, and that time can be fleeting. ei Pulse lets students reach out for help to a specific, trusted teacher, at the time they are ready.

4 Culture through gratitude

We all know what a positive impact being grateful can have on the wellbeing of ourselves and others. With ei Pulse students can thank people that made a difference at school, building a positive school culture.

SCHOOLS CAN DO THINGS THEY COULDN'T BEFORE

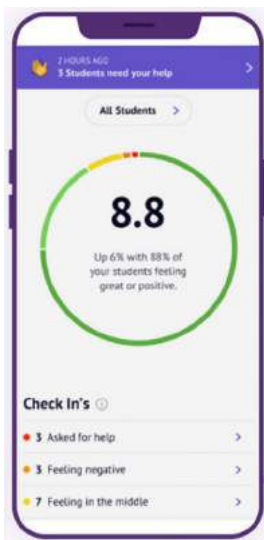
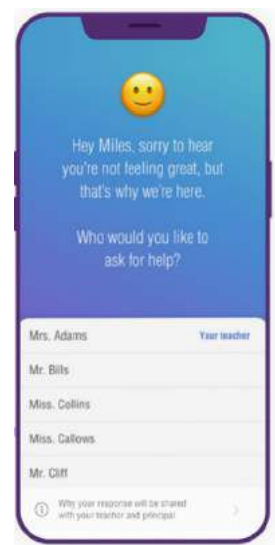


Map the impact of current events

- Weekly pulse style check-in
- 60 seconds to check-in
- Users check in from anywhere

Connect students with help

- Help individuals at-risk
- Plan early interventions
- Take action using real time data

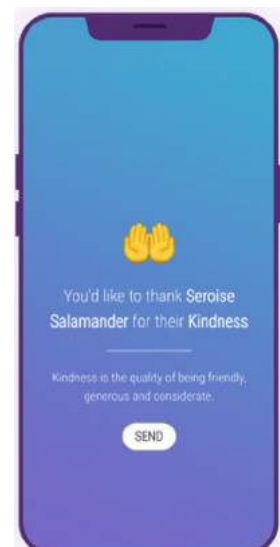


Current snapshot of school health

- Identify school trends
- Plan and rapidly improve
- Assess initiatives and progress

Build healthy habits

- Students reflect on their mental health
 - Thank people that made a difference
- Enhance student voice through gratitude



EXCLUSIVE OFFER FOR AGSA MEMBERS

30% OFF



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*Price for one leader to attend The Flourish Movement program. Contact us should you have an additional staff member to attend The Flourish Movement program or if you are already using ei Pulse.

EXPRESSIONS OF INTEREST

If you'd like to be a part of the Alliance of Girls' Schools Australasia's pilot group, express your interest by contacting Loren Bridge, Executive Office of the Alliance of Girls' Schools Australasia:

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For more information on EI products or FLOURISH services, contact us on:



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