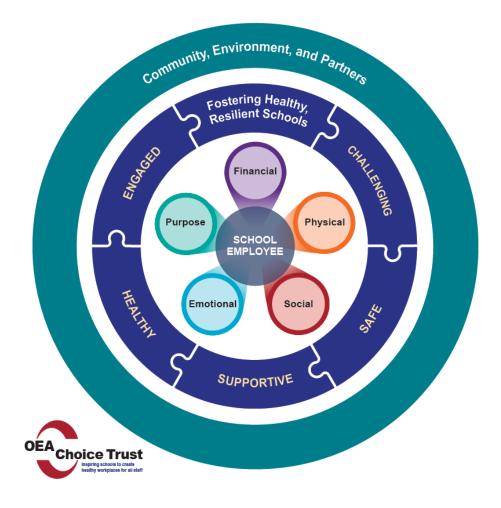
School Employee Health, Well-being & Resilience Model



OEA Choice Trust's school employee health, well-being and resilience model is grounded in prominent research and evidence based practices. The focus is on key well-being and resilience elements that together promote the overall health of school employees. This holistic model is school employee centered within the workplace and community environment. OEA Choice Trust's approach acknowledges the dynamic interaction between individuals and the places where they live, work and play. Individuals are better able to put health-promoting behaviors and resilience skills into action when their workplace practices and social norms collectively create the opportunities to be healthy, safe, supported, engaged and challenging. Creating a workplace culture and environment that values and prioritizes employee health, well-being and resilience is essential to the overall success of school employee wellness initiatives and ultimately education.



¹ Gallup 5 Elements of Well-being <u>www.gallup.com/businessjournal/126884/five-essential-elements-wellbeing.aspx</u>