# Doc 8: Transcript of Voiceover Commentary to Title Slide of Doc 5

# Implementing a Culture of Staff Wellbeing and Mental Health

NB Before you begin:

1) If you have not already done so, please view video presentation Doc 1: Introducing the Teach Well Toolkit. I suggest you play Doc 1 through once without taking notes. Then open Doc 2: Manual presentation: Introducing the Teach Well Toolkit and run through it, making notes if appropriate.

2) Download and print Doc 9: Whole-school Staff Wellbeing and Mental Health.

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Welcome to this video presentation Doc 5: Implementing a Culture of Staff Wellbeing and Mental Health using the Teach Well Toolkit. My name is Steve Waters and I am the founder of the Teach Well Alliance and the creator of the Teach Well Toolkit.

This presentation is a step-by-step guide to using the Teach Well Toolkit programme. It is deliberately detailed and carefully structured. There is some repetition of information, as each document has been written so that, as far as possible, it stands alone and can be understood without reference to other documents.

I understand the pressure on you and the teachers in your school and therefore have designed the Teach Well Toolkit so that the instructions are clear and sequential. For the same reason, the emails to staff explaining the actions you are taking have been written for you. If, however, you wish to modify or adapt any of the documents in Word format, you can do so. There is also a Fast-Track version of the Teach Well Toolkit programme which is explained in the Flow-Chart in Doc 10: Step-by-Step through the Teach Well Toolkit. While we believe that the most effective implementation of staff wellbeing and mental health will result from following the Teach Well Toolkit programme in full, in certain circumstances the Fast-Track version might be more appropriate for your school, such as if you have been implementing staff wellbeing for some time.

This video presentation is also available as a manual presentation without voiceover commentary in Doc 6 and as an audio recording of the text on the slides in Doc 7. You will also find a copy of the transcript of the introduction to the video presentation in Doc 8. All documents can be found on the Teach Well Toolkit website at [www.teachwelltoolkit.com](http://www.teachwelltoolkit.com/).

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