



# Wellness Session Effectiveness

*September 2023 - May 2024*

# Participation and Feedback Data

*September 2023 - May 2024*

19 leaders, 41 DO staff & teachers = **60 Staff Members**

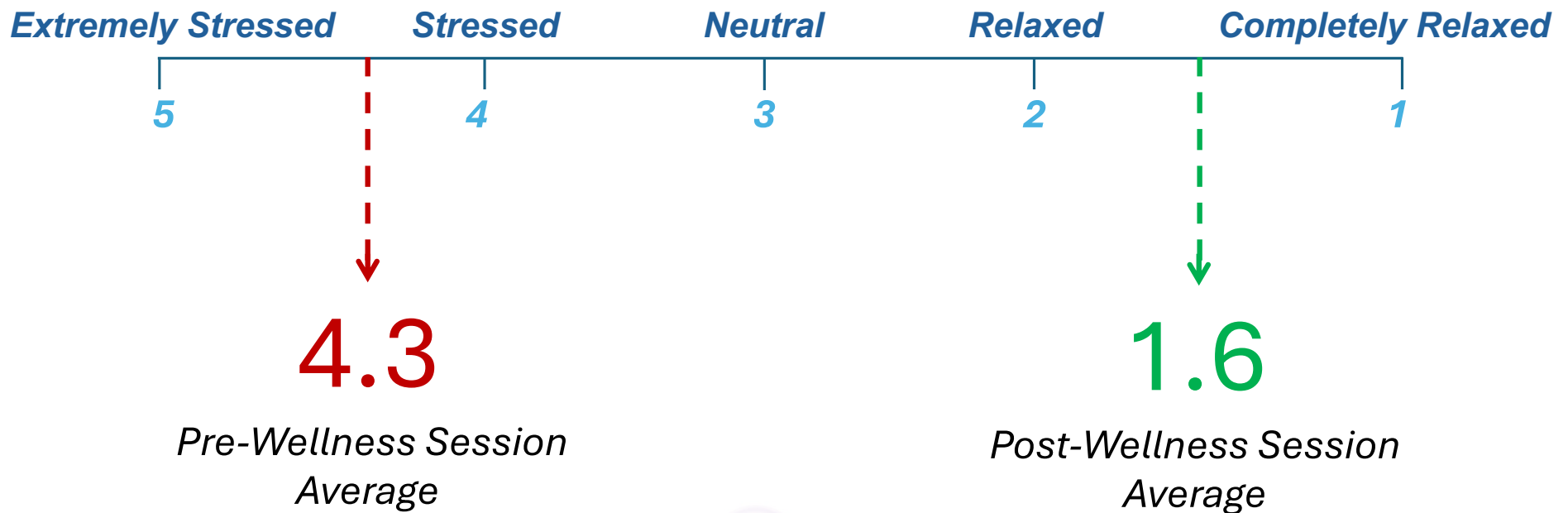
118 individual, 3 group sessions = **121 Sessions** (13/month average)

Leaders surveyed said Wellness Sessions helped them be more effective in their roles.

They report the sessions helped them to:

- *relax so they could focus better (90%)*
- *be more confident in their decision making (70%)*
- *handle emotionally charged situations more effectively (60%)*

# Leaders surveyed reported notable decrease in stress level after Wellness Sessions



# What leaders like about the Wellness Sessions

*“Our jobs are inherently stressful and this allows us a space to calm and recharge. There are many organizations that tell their staff to self-care, but don't provide actual opportunities to do that and this is a refreshing change. Going into charged and intense situations balanced and calm helped me move through an extremely challenging start to this year.”*

*“A moment to relax and reflect on how I am doing so I can support myself and then others. Learning about myself and how to manage stress and heightened situations. Tools and techniques to help get through hard times or to start the day off on a positive note. I enjoy the learning and relaxation while really getting in tune with myself.”*

*“I can focus on my leadership skills and what next steps I want to take; step into an empowered mindset and think about how to intentionally lead my team. It also helps me refocus and ensure I am taking care of myself so I can be the best leader possible.”*

*“I fully trust Alycia and I need to focus on my own well-being so I can be more effective at my site.”*

# How leaders would improve the Wellness Sessions

“I enjoy the process. The only improvement would be time for more of them. :)”

“I'm going with the flow. Nothing is making me uncomfortable.”

“More frequent sessions, if possible.”

“More of them/more time :)”

“Honestly, they are perfect as they are!”