
The Spaces for Wellbeing Programme



The Spaces for Wellbeing Programme developed by Barnardo's Scotland is focused on staff wellbeing and is designed to 'provide inspiration and not instruction'.

We deliver two co-production workshops using an Appreciative Enquiry approach to ask participants to share stories about their wellbeing when it was at its best.

Aim

To introduce you to a resource that can be used to create a framework for staff wellbeing that can be part of a whole school plan.

There are 4 stages

Discover, Dream, Design and Deliver. Through the Discover and Dream stages, we identify common themes around staff wellbeing, and needs led, not resource led, ideas are generated. Through the Design and Deliver stages the ideas are aligned to the eight wellbeing indicators (SHANARRI). It provides a consistent framework, shared language, and common understanding of wellbeing.



Outcomes

You will have a resource that you can use to create a bespoke framework for your school. You will have developed an understanding of an Appreciative Enquiry approach which you can apply to other areas of your work.

You may wish to consider using the identified themes to organise a series of monthly events, possibly featuring guest speakers, to explore solutions for wellbeing. Barnardo's Education Community hosts a collection of [recorded Spaces for Wellbeing events](#) that could be utilised to support the identified themes.

"If you put people together and allow them to dream it's amazing what they can come up with - small things that can make big changes to people's wellbeing!"

Spaces for Wellbeing workshop participant

[Book on to the two co-production workshops here](#)
