

Facilitator Information

The Get Happier School Online Training Series

Thank you for taking over the vitally important role of facilitating the video workshops for your school staff. We have learnt that this role is a key ingredient in the programs' success.

It will just be like managing any other group or a class of students

Start by creating a satisfying environment for participants: depending on where you are, you could organise snacks or hot drinks, a comfortable viewing environment which allows for small group activity or discussion in pairs. Other items include: paper, one printed copy of the workbook for each participant, pens and markers and a whiteboard/poster paper.

Encourage participants to take notes during the presentation.

Ensure that everyone reads the welcome letter for all educators. Do watch the video yourself before screening it for the group. You will then be ready to switch it off and on and be prepared for the activities and discussions

Follow up on the in between session learning activity at the beginning of each new workshop. It is a great opportunity for staff to share ideas, learning and personal growth. In staff meetings, it will always help to allocate time for a brief report of the successful application of the ideas, both personally and in the classroom.

If the session is running overtime, feel free to stop it at that point and finish it at another convenient time.

Your own enthusiasm and interest in helping create a positive school culture is always your best guide. Use your own unique skills and understanding to adapt the program to your schools needs. Helping staff learn a framework to get happier is our best resource in building a happier, high performance culture.

As in any teaching program, some participants will be less engaged than others, and some may display some resistance. While recognising and responding to their concerns, it will always help to ensure that the disengaged do not distract the rest of the group. I am sure you have had plenty of practice at this!

Thank you again for your energy and commitment to supporting the teachers in your school to get happier 😊

Ivan Honey

