Next Steps

Take The Next Step: How To Get The Ongoing Support You Need To Flourish As A Teacher

Congratulations on completing our Wellbeing 101 online course for teachers. We really hope that it's given you the tools you need to flourish and grow as a happy and resilient educator. Most of all, we hope you'll take these ideas and apply them to your life beyond work, too. Remember, especially when the pressure's on, you're a person first and a teacher second.

If you'd like to take your wellbeing journey further, then there are three more ways that we can support you.

First of all, follow us on our social channels and support our podcast. We're always creating new resources and sharing our ideas online, so like, subscribe, and share to ensure you don't miss out. You'll find our platform links close by, or just search online for Marigold Teachers.
Second, sign up for our free weekly newsletter, ***The Flourishing Teacher's Field Guide.*** Packed with expert, actionable tips for teacher wellbeing, it drops into your inbox every Thursday and is a genuine highlight in the working week for so many of our subscribers. It's where you'll find all the latest updates, tips and strategies for looking after yourself as an educator and a person, as well as all the news from within the Marigold community.

Last of all, we both offer 1:1 online coaching sessions for teachers, designed to fit around your schedules and support your wellbeing journey. Our introductory sessions are always free, and we love working with teachers like you from around the world who want to learn how to boost their resilience and make their professional and personal lives sustainable, rewarding and happy.

And that's it.

Do get in touch with us and tell us about your successes using the techniques in this course, or to fix up an introductory 1:1 chat.

Until then, remember, you're more than your marking, your lesson observations and your planning.

You're you. And that's all you need to be.