

# **CREDENCE HIGH SCHOOL, DUBAI**

## **DEPARTMENT OF INCLUSION AND WELLBEING**

### **STAFF WELLBEING SURVEY - MAY 2024**

### **ANALYSIS**

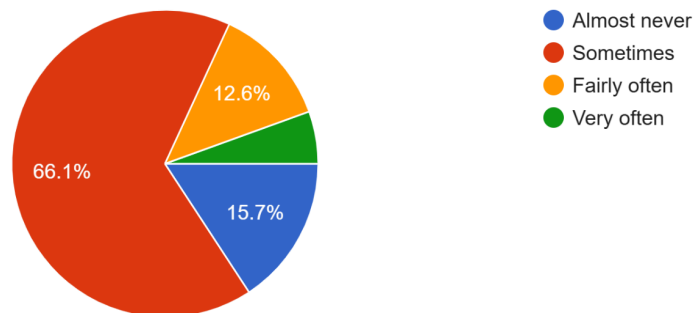
CHS believes that its work on wellbeing will have a big impact, with improved staff morale and a greater willingness to come forward with issues and seek help when needed. Good health and wellbeing can be a care enabler of employee engagement and organizational performance.

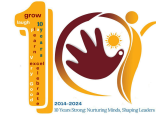
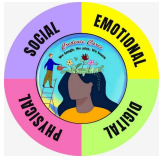
To build on this work, a survey was conducted among the staff members in May 2024. The survey results show that the staff members are satisfied to a great extent by their current work environment and can manage their stressors to a large extent by themselves. However, for a better holistic health and wellbeing, they need to engage more into physical activities, fine arts, mindfulness and gratitude journaling as their involvement in these aspects were found to be low or minimal.

The wellness survey results are attached below:

1. How often have you been upset because of something that happened unexpectedly?

127 responses





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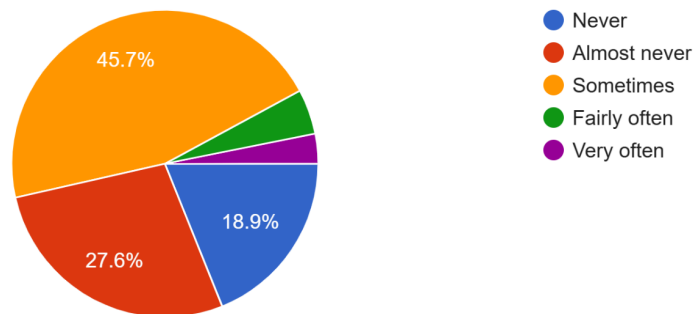
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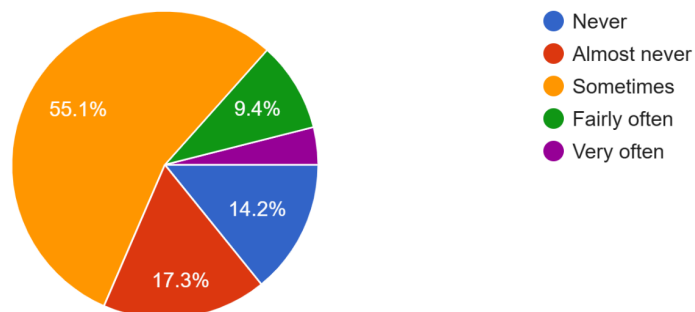
2. How often have you felt that you were unable to control the important things in your life?

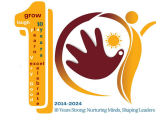
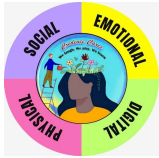
127 responses



3. How often have you felt nervous and "stressed" at work over the last two months ?

127 responses





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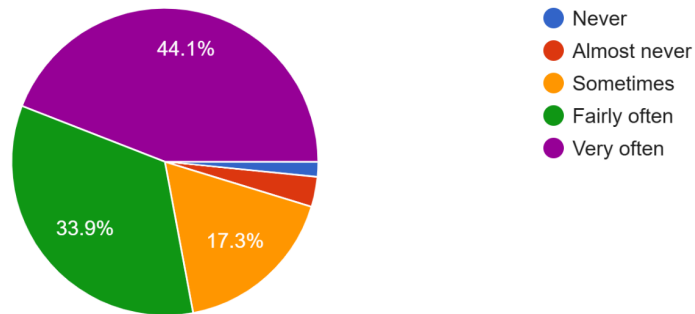
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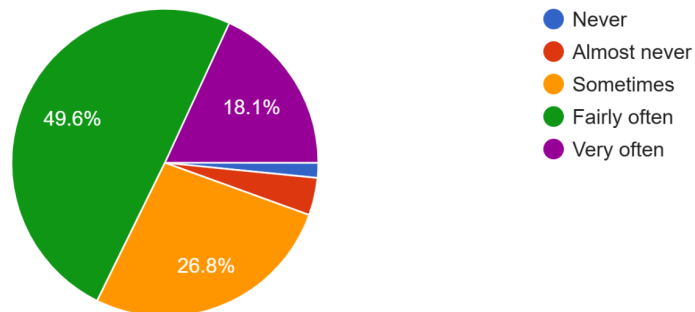
4. How often have you felt confident about your ability to handle your personal problems?

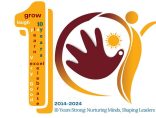
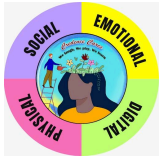
127 responses



5. How often have you felt that things were going your way?

127 responses





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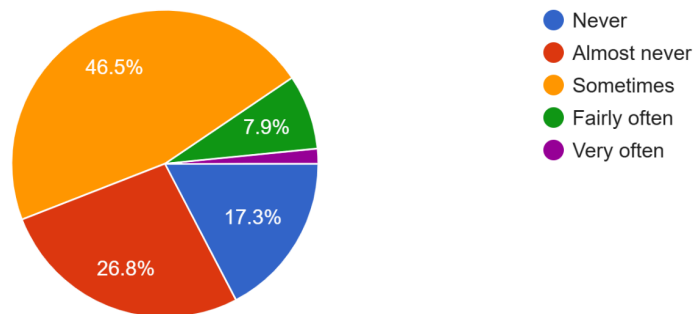
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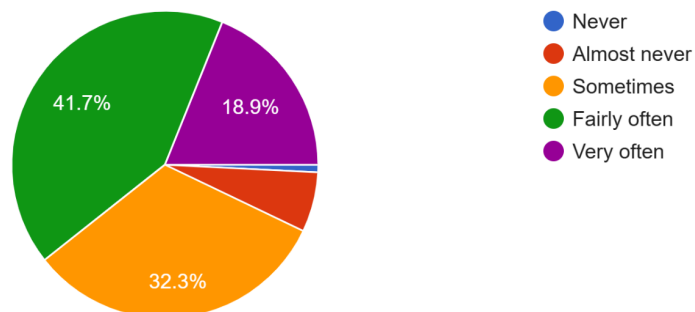
6 How often have you found that you could not cope with all the things that you had to do?

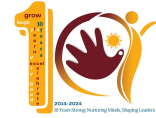
127 responses



7. How often have you been able to control irritations?

127 responses





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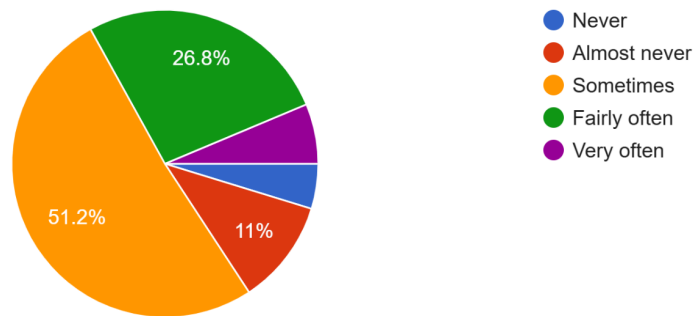
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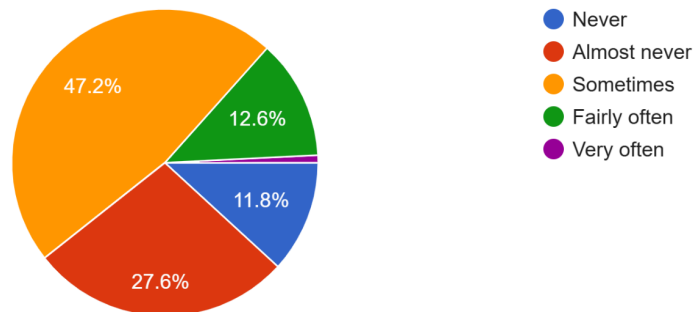
8. How often have you felt that you were on top of things?

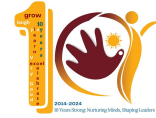
127 responses



9. How often have you been angered because of things that were outside of your control?

127 responses





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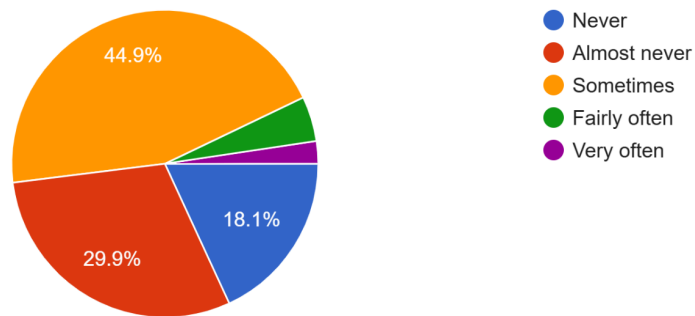
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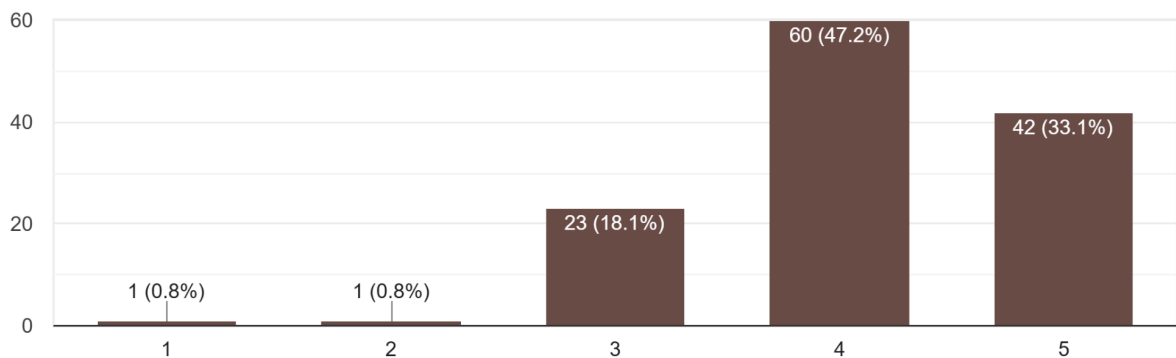
10. How often have you felt difficulties piling up so high that you could not overcome them?

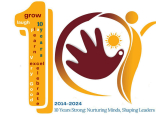
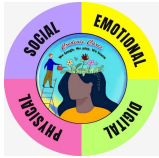
127 responses



11. How satisfied are you with your current work environment? (1 - not satisfied at all, 5 - extremely satisfied)

127 responses





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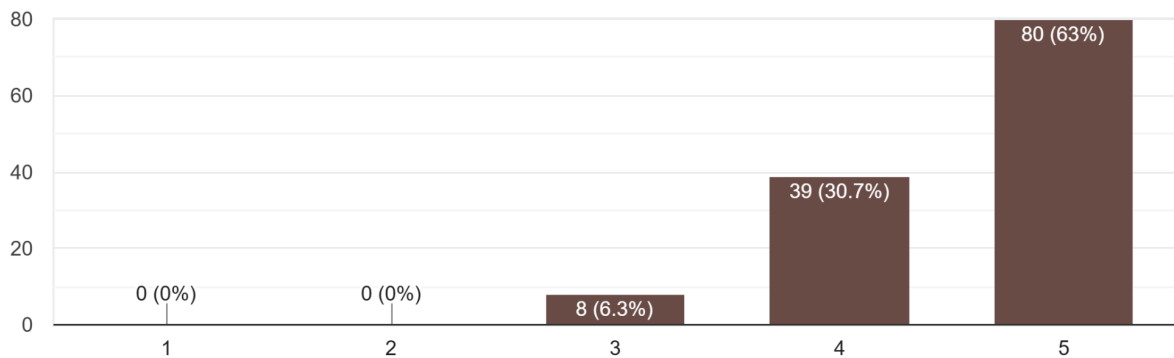
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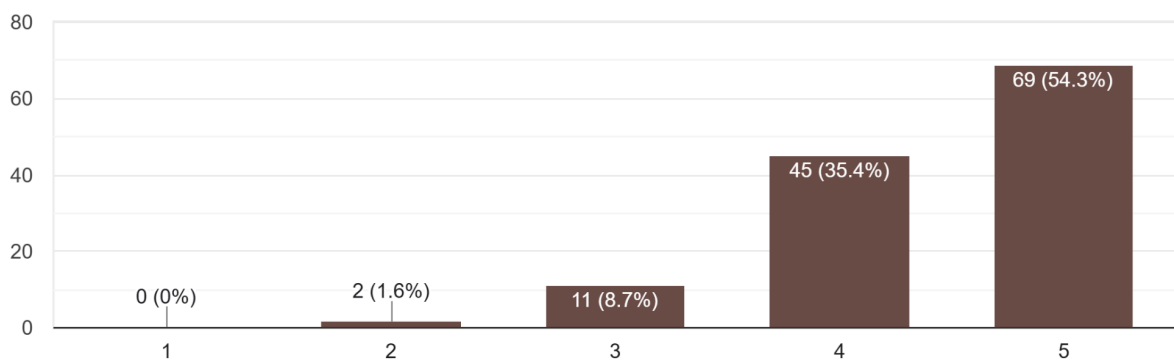
12. How supported do you feel by your HOD/ Supervisor? (1 - not supported at all, 5 - extremely supported)

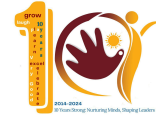
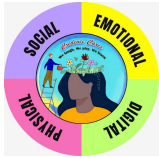
127 responses



13. How supported do you feel by your colleagues? (1 - not supported at all, 5 - extremely supported)

127 responses





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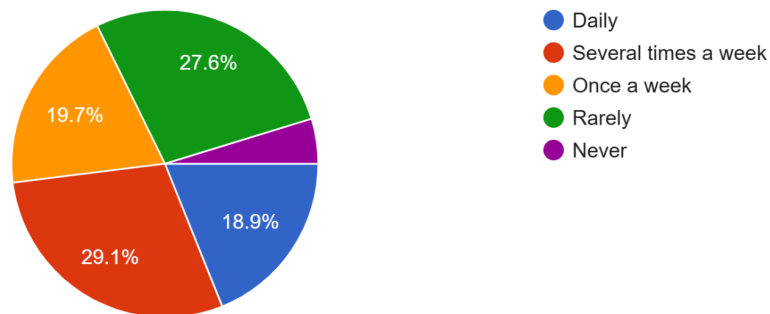
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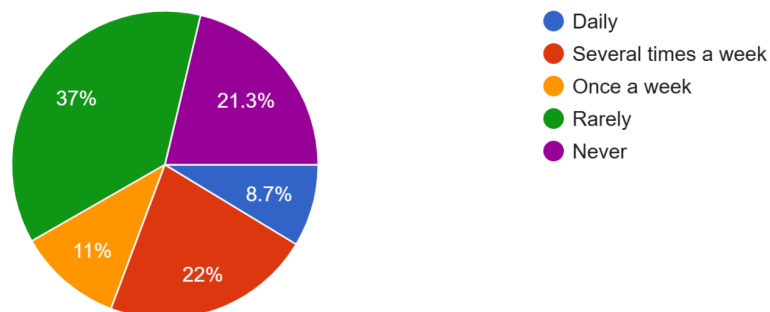
14. How often do you engage in physical exercises?

127 responses

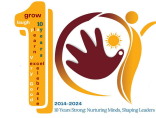
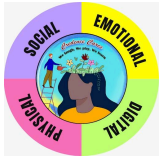


15. How often do you practice meditation or mindfulness exercises?

127 responses







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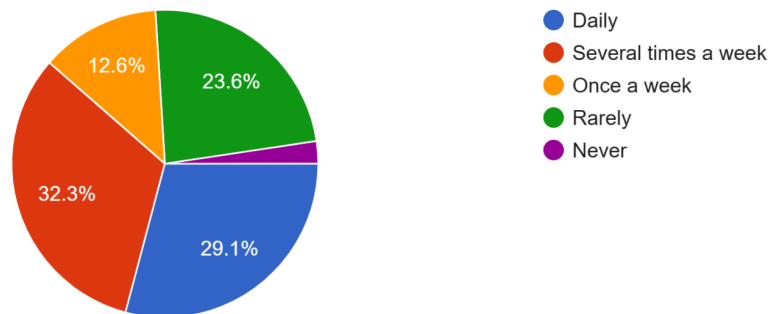
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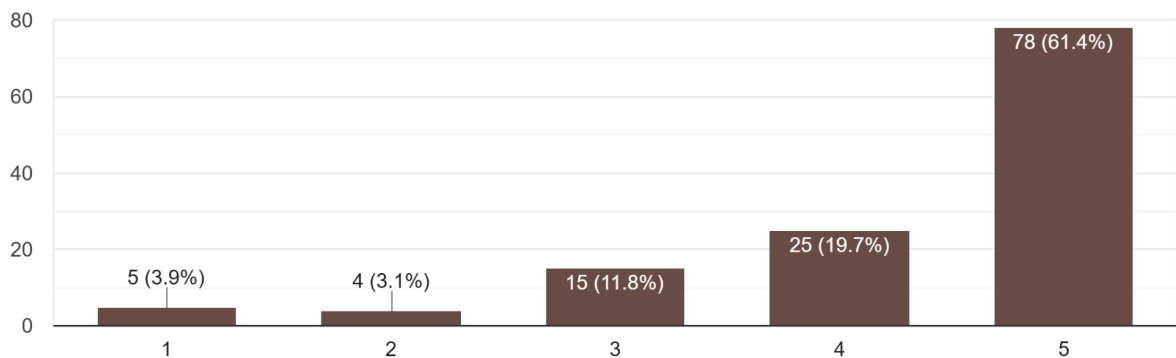
16. How often do you engage in activities that encourage gratitude?

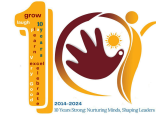
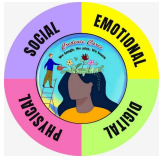
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17. How important are music, art and dance to your personal wellbeing? (1 - not important, 5 - very important)

127 responses





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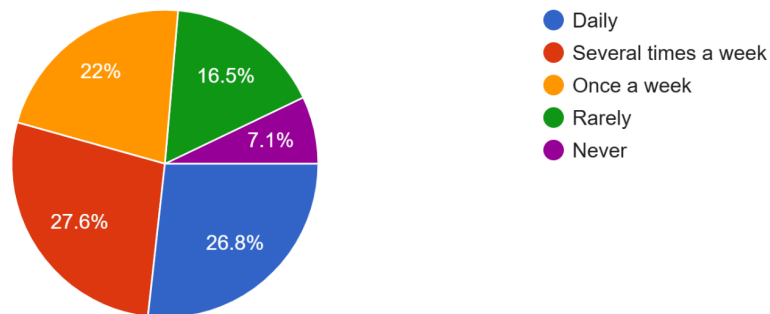
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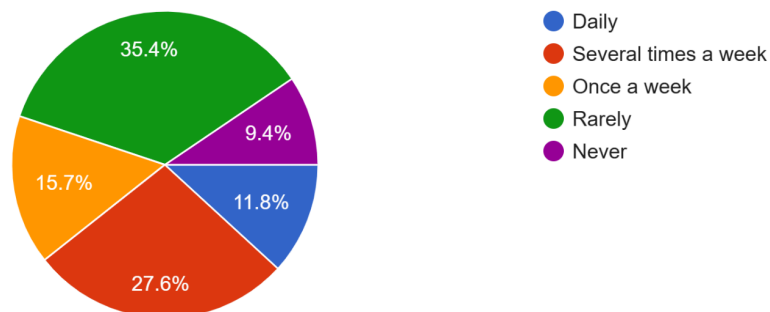
18. How often do you engage in activities related to music, art or dance?

127 responses



19. How often do you read for pleasure?

127 responses





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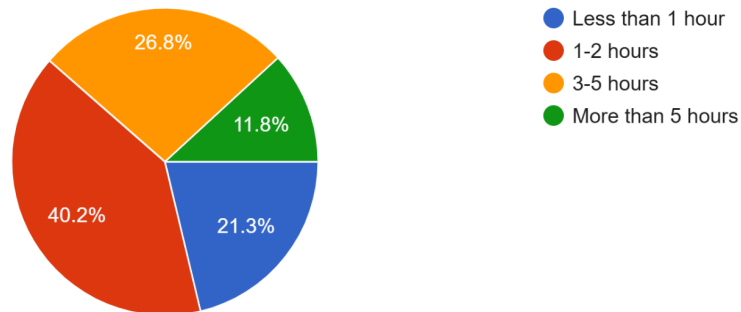
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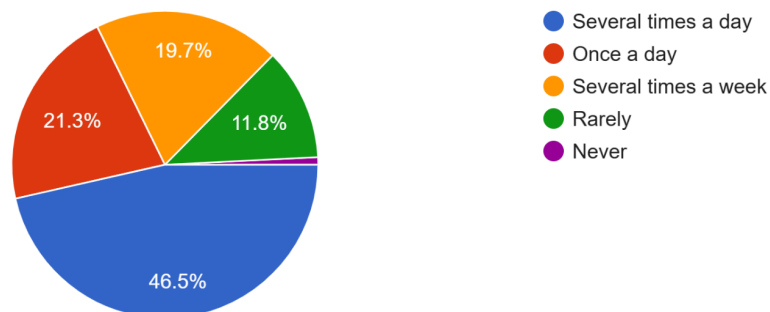
20. How many hours per day do you spend surfing the internet?

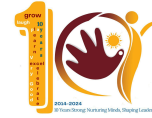
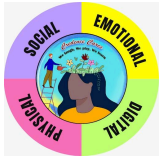
127 responses



21. How often do you use social media platforms?

127 responses





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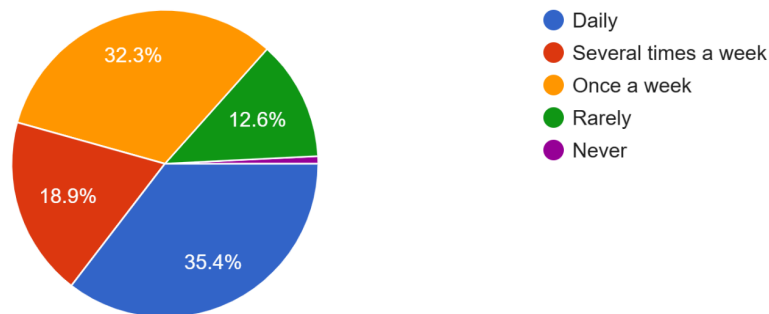
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22. How often do you spend time with your family and friends outside of work?

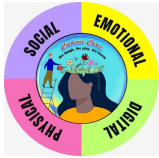
127 responses



23. Are there any additional support/professional development opportunities you feel would help you perform better or feel more comfortable at work?

Some of the responses received include the following;

- We can add Health and Wellness Programs Play-Based Learning Workshops Mental Health and Wellbeing Programs Use of Educational Technology Tools programs.
- More training
- Have a fun or sports competition for teachers.
- Classes from External Experts for personal growth
- Ms office training
- Extra training catering to the Special Education field.
- Attending workshops focused on student mental health and well-being would equip me with strategies to better support students facing emotional and psychological challenges.
- Providing us with physical activities. Giving staff the platform to portray their talent.
- Well being session in form of music or dance and training session on teaching how to overcome difficult or pressured situations.
- Sessions related to stress management, meditation techniques ,
- Once a year teachers take a one day trip.



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- I think a teacher appreciation certificate will motivate all the teachers and some well being games once a week for 20 to 30 mins in an open area where everyone can participate.
- Appreciation is required for teachers as well. More Professional development workshops should be provided to the teachers.