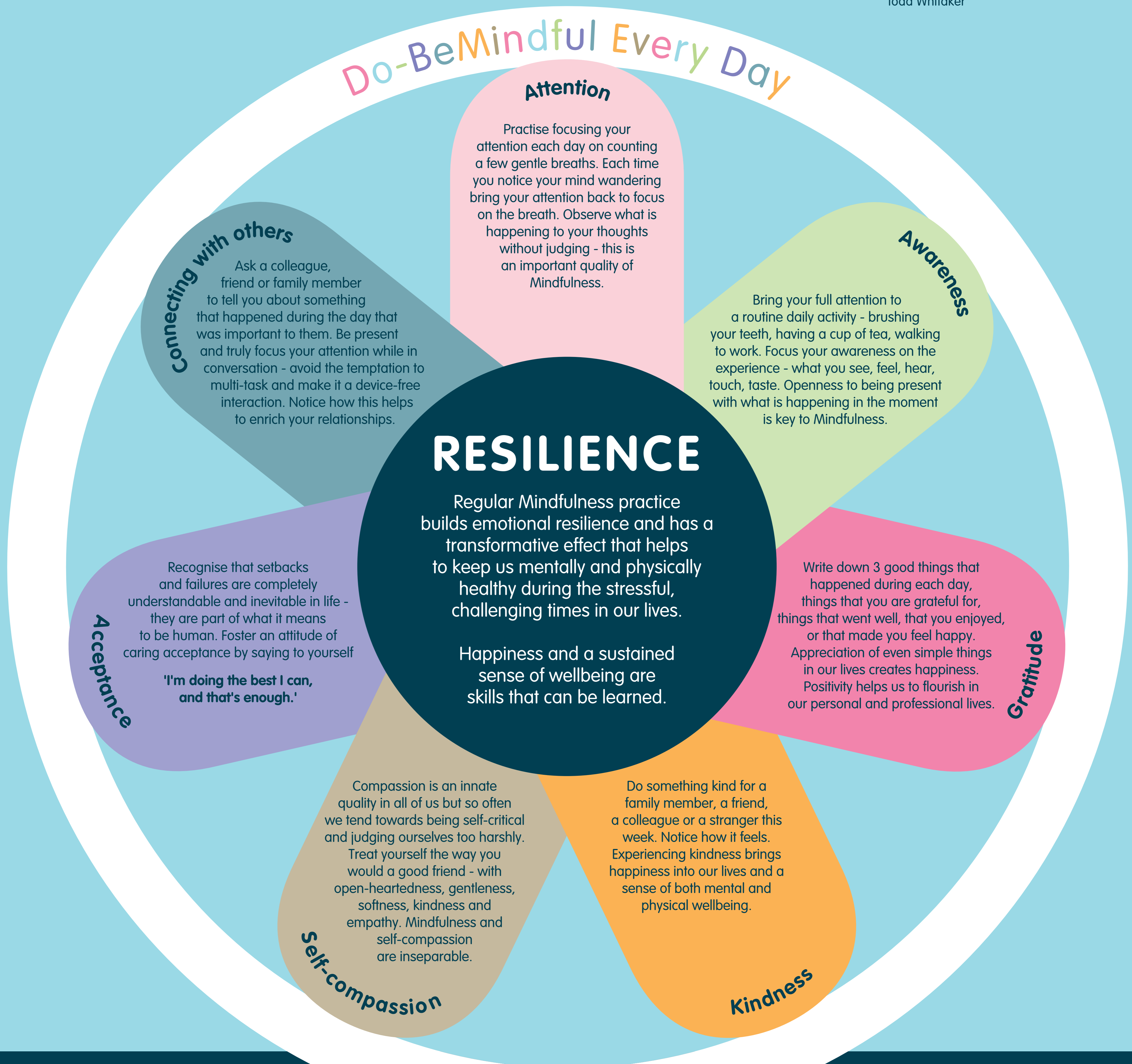


Do-BeMindful 2021

“The best thing about being an educator is that it matters.
The hardest thing about being an educator is that it matters every day.”

Todd Whitaker



Positive Outcomes of Do-BeMindful Foundation Programme



- **83%** of educators stated that they frequently worried about work problems when not at work.
- **86%** of educators said that their job had impacted negatively on their wellbeing.
- **77%** of educators stated they had experienced more workplace stress in the last 12 months.
- **70%** stated that the job had adversely affected their mental health in the last 12 months.

