



Making your Professional Health and Well-being a Priority

by

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Welcome back! I am truly hoping you have all had a restful and restorative summer after navigating a trying 2020-2021 school year. For many of you, preparing for the start of a new school year brings feelings of optimism, wonder and the all-so familiar nervous anticipation. As professional educational leaders, you know getting the year off to a good start can set the right tone and intention for many good things to follow. This goes for our professional health and well-being as well.

Having spoken to hundreds of administrators over the past few years, I can say without a doubt that setting realistic wellness goals, remaining in regular contact with close professional peers, and creating healthy professional/personal boundaries are fundamental to remaining well at work – and at home! I can add that accessing professional support and guidance during times that are more challenging can significantly reduce the intensity and duration of the challenge. Fundamentally, this is why the Early Intervention Program (EIP) was created by the BCPVPA in partnership with humanworks.

I have rarely met an administrator who was not highly capable, engaged, and self-directed: it's how you are built! However, it is inevitable in this public education sector for administrators to face situations and dynamics that are beyond their control or influence, leaving them vulnerable and uncertain. Thankfully, your BCPVPA has an excellent Member Support Services team that can help you navigate the professional workplace challenges.

humanworks offers professional health and wellness support to Members working through these difficult times. Our EIP Program provides confidential, professional guidance, and counselling support to BCPVPA LTD Benefit Members. Through the Program, you will have access to one-to-one contact with a consultant who is well-versed in the K-12 system, and very experienced in working with educators navigating professional health concerns. We take pride in our professional urgency, making ourselves quickly available and remaining in regular contact to help Members prioritize and attend to their wellness concerns.

Over this past year, we have supported many members seeking a place where they could professionally share their wellness concerns, problem-solve together, and then prioritize a collaborative action plan to address their unique challenges. One of the more critical factors in 'getting in front' of wellness concerns is reaching out early. We strongly encourage Members to contact humanworks at the earliest stage of their wellness concerns or decline. Members have typically reached out after receiving negative and invasive feedback from other stakeholders, overcoming challenging confrontations, or receiving unwanted and discouraging health news. For some Members, it's been due to increasing exposure to work stressors, compounded by a struggle to guard their minds from invasive thoughts, or chronic poor sleep. Whatever the reason for reaching out, we are truly here to help you sort through your challenges, make greater sense of your circumstances, and develop a plan together to help better manage and overcome your unique wellness obstacles.

Wishing you a successful and healthy year!

Jack



humanworks offers practical and personalized services: vocational rehabilitation, disability management, occupational therapy, wellness and education, organizational leadership, and consulting. We help individuals and organizations develop sustainable and durable work lives, and productive environments. We help people get to work and stay at work while maintaining healthy lifestyles away from work.



*You can easily access the support of the
Early Intervention Program (EIP):*

[Contact the BCPVPA](#)

**Call the humanworks office
604-734-4130**

**Access the EIP referral form
on our website
www.humanworks.ca**

Email us at admin@humanworks.ca