



PD by Design

Facilitator's Guide 2021

Understanding Well-Being

On-Demand, Digital PD for Teachers



Opening Session

20 Minutes

NOTE: To adequately prepare for discussion, it would be helpful to arrange faculty into small table groups of 4-6 people at each table.



Welcome faculty and staff | Share a devotional | Encourage partner prayer

Session 1

Ginger Hill: “Fulfill Your Ministry”

In this session, Ginger Hill builds on a foundational understanding that each educator is called to ministry (2 Tim. 4:5). To fully carry out the ministry of teaching, it requires a holistic approach to overall personal wellness. This enables teachers to endure over the long haul and be effective in their work. She guides listeners to 1 Corinthians 3:16-17, where scripture reminds them of the importance of caring for their bodies, as the temple of God.



[Play Session 1 Video](#)



Lead participants in 5 minutes of personal reflection:

PD by Design Participant Notebook - pages 6-7

- Which of your daily health habits are most helpful to you in serving with energy, excellence, and endurance?
- Which ones hinder you the most as you seek to serve effectively?
- Are there any places within your scope of service where you hold back or stay near the sideline because your health practices have limited you from being a full participant?
- Are there any places where your life feels less than abundant because your health practices have limited you from fully enjoying God’s blessings to you?
- As outsiders observe your health practices, what might they conclude about your Father?
- As people look at the way you manage the body and mind that God has entrusted to you, what do they see? Is your lifestyle magnetic for Christ or are you a mismanaged mess?
- Based on what you know today, what is one change in your daily health practices that you believe would have the greatest impact on helping you to effectively fulfill your ministry as a Christian school-teacher?



Lead participants in 7 minutes of small group discussion:

PD by Design Participant Notebook - page 8

- How has this discussion made you think about your health practices in a different way than you had before today?
- As believers in Christ, we are encouraged to make an investment in good health practices in the interest of:
 - being an effective servant.
 - enjoying life satisfaction.
 - being a shining example.
 - practicing good stewardship.
 - responding to God’s love for you.

Which one resonates the most with you and why?



Large Group Share Popcorn Style

Provide 3 minutes for popcorn sharing.

Session 2

Dr. Lynn Swaner: “An Interactive Look at the Well-Being Research”

The ACSI Flourishing Schools research provides culture-level insight to Christian schools on how their students, educators, and school communities flourish in the domains of Purpose, Relationships, Teaching & Learning, Expertise & Resources, and Well-Being. In this session, Dr. Swaner unpacks the Well-Being Domain and the three important constructs of stress, healthy living, and resilience, all of which are linked to a school’s ability to flourish.



[Play Session 2 Video](#)



Lead Participants in 23 minutes of small group discussion:

PD by Design Participant Notebook - page 9

Stress

- What are the major sources of stress at your school, both in general and specifically, during COVID-19?
- How can your school begin to have the “stress conversation” to identify ways to reduce stress for teachers and staff?