

# Support teacher wellbeing

Auckland's Sancta Maria College addressed teacher wellbeing. They created The Good New Habits Book after teachers were found to be floundering due to workload intensity, demands on time and an unbalanced approach.



Video hosted on Vimeo <http://vimeo.com/277182042>

Closed Captions

Source:

[Teaching Council of Aotearoa New Zealand](https://teachingcouncil.nz/resource-centre/teacher-wellbeing/#case)

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