A Good Life

for

Educators

in your

setting:

The overview

Jones (2022)

Based on Deci and Ryan (2000) and evidence from Saunders (2021) and Boyes (2021)

Autonomy

Choice and control over aspects of workload: When, where, how etc.

Fairness: effort: reward ratio seen as fair. Where people choose to focus effort pays off

Change: involvement and information during change processes

Self-care: Opportunities to dissociate from work and rest/replenish in ways that work for the individual

Values: Opportunities to make values-based choices

Well-

being

Personal values

Relatedness

Organisational

values

Connections: Supportive and reciprocal at all levels (both sides contribute and are responsive to the others' needs)

Value: Individuals are heard, seen and celebrated. Their values and boundaries are respected

Community: Sense of identity and belonging to a group, or multiple groups, within the organisation

Competence

Workload: Balanced with capacity

Balance of highly demanding and less demanding tasks

Feedback: Is fair, constructive, supportive and reciprocal

Meaning: Regular opportunities to engage in work that aligns with values

Learning: Regular opportunities for development and growth. Learning is a process and includes asking for help and making mistakes

Resources: Matched with demands (includes rest, self-care and physical wellbeing)



Copyright Goodlifepsychology.co.uk all rights reserved