



# MY WELL-BEING ACTION PLAN



Follow the instructions in the  activities and write down your results here to create your own personal well-being Action Plan.



## MODULE: Teacher Agency

### > Before & After

Teacher's Job Design Before Job Crafting

		} Exposure to Resources:
		}

Role:

Modified image based on Berg et al. (2008). What is Job Crafting and Why Does It Matter? University of Michigan, p.6.

Teacher's Job Design After Job Crafting

### > Craft Your Job

My first step:

