

# Early Career Framework

## Module Four - Managing workload and wellbeing

### Mentor training

#### **Mentor seminar**

The mentor seminar for module 4 focuses on how mentors can utilise their skills to support ECTs with their overall wellbeing and workload. Mentors will examine the importance of 'recovery' for the body and mind, and how the research around 'Self-Determination Theory' can support ECTs with their wellbeing and feelings of motivation. As module 4 will focus on effective assessment and feedback, the session also shares research informed marking and feedback strategies which have been proven to lead to a reduction in workload.

#### **Mentor self-directed study (optional)**

In the optional self-directed study 'workload and wellbeing' mentors can consider threat, drive and recovery systems focusing on the importance of recovery in maintaining good wellbeing.