

# A professionally acceptable workload

## **Mentor seminar**

Prior to this seminar, mentors will have engaged with Year 1 module 4 – Workload and wellbeing. They may also have accessed the My Wellbeing course.

By the end of this seminar, mentors will:

- understand the key drivers of workload
- know strategies to support with individual workload
- be able to support their ECTs to look critically at their workload.

Mentors will reflect on what a professionally acceptable workload looks like, discussing if working excessive hours has become normalised in teaching. There will be time to reflect on how a mentor's view of what is professionally acceptable for themselves might be influencing their ECT. Mentors will consider what actions they can take to support their ECTs' to manage a professionally acceptable workload.

## **Optional self-directed study**

Mentors have access to the optional self-directed study sessions and can access these to support their development at any stage during the year. The optional sessions include:

- Building research literacy
- Metacognition and self-regulation in teaching
- Finding balance in your workload
- Understanding equality, diversity and inclusion

**You can find out more about the breakdown of the development cycle in your year 2 programme guide.**