

DUBAI ADULTS@SCHOOL WELLBEING SURVEY 2018 - 2019

ENCOURAGING ADULTS AT PRIVATE SCHOOLS IN DUBAI TO UNDERSTAND AND IMPROVE THEIR OWN WELLBEING



ABOUT THE SURVEY



November - December 2018



First time ever in Dubai

In collaboration with THEWELLBEINGLAB



Total number of schools that had at least 5 participants

13,522

Total number of participants

7% school leaders
69% teachers
7% teaching assistants
17% administration/other



54% response rate for teachers at participating schools

REPORTS



Each adult receives their own report including proven activities that boost wellbeing



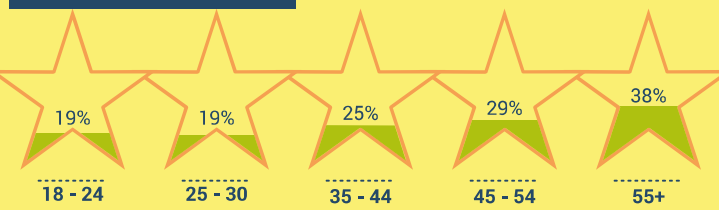
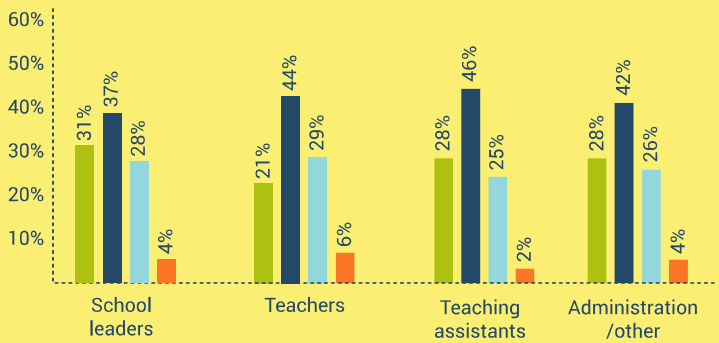
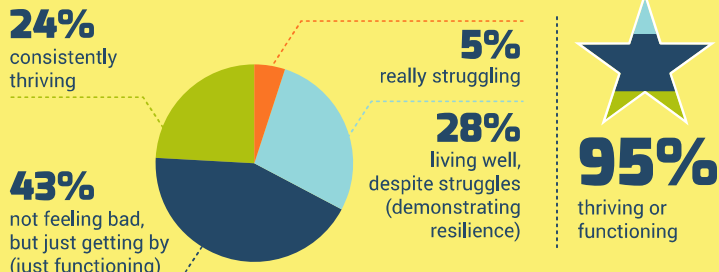
Schools get a summary report highlighting results of adults@school



Neither schools nor KHDA can identify the results of any individual

WHAT DID ADULTS SAY?

ADULTS@SCHOOL WELLBEING SNAPSHOT



● consistently thriving ● not feeling bad, but just getting by ● living well, despite struggles ● really struggling

2017/18 DSIB SCHOOL RATING

CONSISTENTLY THRIVING



27% Adults in Outstanding Schools



27% Adults in Very Good Schools



23% Adults in Good Schools



20% Adults in Acceptable Schools

ABOUT PERMAH*



POSITIVE EMOTION
the right balance of heartfelt positivity to boost our resilience



ENGAGEMENT
the regular development of our strengths – those things we're good at and enjoy doing



RELATIONSHIPS
the creation of authentic, energizing connections



MEANING
a sense of connection to something bigger than ourselves



ACCOMPLISHMENT
the belief and ability to do the things that matter most to us



HEALTH
eating well, moving regularly, sleeping deeply

* Adapted from Professor Martin Seligman's human flourishing model

AVERAGE PERMAH PILLAR SCORES

