

Creating a Culture for Success: Educator Series

Self-Care for School Staff

Session 4.5: Importance of Job Satisfaction

*This space is for your notes and personal reflections as you participate in
Session 4.5: Importance of Job Satisfaction*

Objectives:

- *Define job satisfaction*
- *Connect job satisfaction with self-care*
- *Identify key factors that influence job satisfaction, and*
- *Determine how job satisfaction can be measured*

Notes	
Job Satisfaction as Self-Care	
Increase Job Satisfaction	
How Can Job Satisfaction be Measured?	

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Reflection	
What is job satisfaction?	
What is the connection between job satisfaction and self-care?	
What are the main factors in having job satisfaction?	
What can I do to improve my workplace?	

