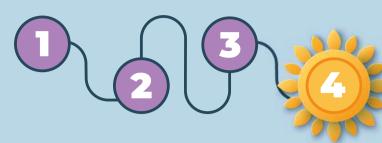


TOGETHER WE GO FAR

ADULTS@SCHOOL WELLBEING SURVEY 2021 - 2018

ABOUT THE CENSUS



FINAL YEAR OF A 4-YEAR JOURNEY



WHO TOOK PART?





18% MEN

82% WOMEN

THE WELLBEING LAB AND DR. PEGGY KERN









STATE OF WELLBEING WHAT DOES ADULT WELLBEING AT SCHOOL LOOK LIKE?

HIGH THRIVING

2018 - **28.4% LIVING WELL** 2019 - **27%** DESPITE 2020 - **31.1% STRUGGLES** 2021 - 36.7%

REALLY

STRUGGLING

2018 - **23.6%** 2019 - **22.6%** CONSISTENTLY THRIVING 2020 - **19.4%** 2021 - **21.2%**

HIGH STRUGGLE

2018 - **5%** 2019 - **6.3%** 2020 - **6%** 2021 - **9%**

2018 - **42.9% NOT FEELING** 2019 - **44.1%** BAD, JUST 2020 - 43.4% **GETTING BY** 2021 - 33.1%

LOW STRUGGLE



LOW THRIVING

HOW ADULTS THRIVE



We thrive when we consistently feel and function well.



21.2% of adults in Dubai private schools say they're thriving, up from 19.4% in 2020.



struggling, up from 6% in 2020.



67.8% of adults find it hard to

switch off from work,

up from 34.9% in 2020.



20% of women say they're thriving, up from 17% in 2020



25% of men say they're thriving in 2021, down from 29% in 2020 21.5% of adults aged 35-44 say they're consistently thriving



VS 16.7% of adults aged 25-34

PHYSICAL HEALTH



61.6% of adults feel physically strong and healthy, up from 58.1% in 2020



up from last year

67.8% of adults in Dubai private schools reported they had high levels of sleep quality,

RELATIONSHIPS



academic year The relationships which affected wellbeing most positively are within teams, then between individuals, then with school management.

73.5% of adults say that they have **stronger relationships with students this**



about mistakes

64.5% of adults feel their team is a safe place to bring up problems and talk



68.6%









OF ADULTS WHO ARE

61.9%







DEVELOPED WELLBEING PLANS IN PLACE. ..SAY THEY ARE LIVING WELL AND THRIVING

SO WHAT'S NEXT?

Dubai's school community is ready for the next part of the wellbeing journey! We'll continue working with

students, educators, parents and school staff to improve wellbeing for all.

BECAUSE WELLBEING IS NOT JUST FOR EDUCATION; WELLBEING IS FOR LIFE.



Data for the 2021 Adults@School Wellbeing survey

collected from 5th November to 9th December 2021



