

## Principal Wellbeing (2017-2018)

### Aim

This study investigated the wellbeing and resilience of primary school principals with the aim to positively influence policy and professional learning opportunities to better support school principals across WA.

### Methods

This project was the first of its kind to use Apple Watch's to collect information to better understand the health and wellbeing of primary school principals in Western Australia.

Apple Watches loaded with a bespoke app named 'Resilience' (which captured biometric data of participants as well as in the moment responses to survey questions) were distributed to 50 Catholic Primary School Principals across WA.

### Who was involved?

Investigators: Donna Cross, Leanne Lester, Melanie Epstein, Rebecca Nguyen, Therese Shaw

External collaborators: James White (Reach HPI) Project partners: Catholic Education Western Australia