



The Thoughtful  
Schools Program

# Establish a Champion Group

## What is a Champion:

Champions are the driving force of organizational change, leading their teams through the change, towards innovation.

Change champions are individuals within an organisation that volunteer or are recruited to facilitate change. They clearly see the vision for change and desire to actively advocate for, and facilitate the change, while supporting the team in integrating these new changes.



## Who should be a Thoughtful Schools Champion?

It is recommended that Champions are volunteers from a wide range of areas across the school community

### Attributes of a Champion:

- strong communication skills
- the ability to develop strong relationships with others, to inspire and coach
- the ability and desire to lead change

The School Champion Group may include between 5 & 8 :

- Teachers
- Non-teaching Staff
- School leaders
- Psychologist
- Children and Young People
- Parents

### Time commitment:

- 1/2 day Professional Learning -Trauma Informed Practice
- 1/2 day Champions Workshop
- 3 Online questionnaires (approximately 15-20 minutes each)
- Research Conversation (Individual OR Focus group) Optional
- Monthly Champion Group Meetings (60 minutes)
- On-line Trauma-informed Forum - 1 Champion from each school to attend each month/ all champions to attend at least 1 per year (60 minutes)
- Bi-Monthly PD to school staff (60 minutes)
  - one to one, small group or whole school