

Survey of BCPVPA Members: Understanding Principals' Work and Well-being

The BC Principals' and Vice-Principals' Association (BCPVPA) invites all members who are **currently** Principals to complete a survey about their work and well-being. The survey is being conducted by Dr. Fei Wang at the Faculty of Education at the University of British Columbia (UBC) and Dr. Katina Pollock at the Faculty of Education at the University of Western Ontario (UWO). To date, relatively few large-scale research projects have been conducted on Principals' well-being in Canada, so it is important that all eligible members participate. This is an opportunity to make the voices of school leaders heard and to provide evidence that will inform the policies that impact the work of Principals on a daily basis. The survey will also provide an opportunity for BCPVPA to gain information on BC's current Principal workforce.

This SSHRC-funded survey is designed to further investigate the status of school Principals' health and well-being in BC, explore the strategies that Principals use to cope with their work-related stress and burnout, and provide Principals with recommendations/tools on how to enhance their coping skills and develop their physical and mental resilience at work. The survey incorporates recent groundbreaking national and international research on occupational health and well-being and contains sections on Principals' physical, emotional, cognitive, psychological, and social well-being; occupational health and safety; their coping strategies at the intrapersonal, interpersonal, professional, and organizational levels; potential causes of their work-related stress; and Principals' perspectives on the necessary supports and services that can help them navigate their increasingly intensified work conditions and build a healthy work environment. This research aims to identify effective coping strategies and mechanisms and provide evidence-based supports to school Principals by comparing Principals' work and well-being in British Columbia and Ontario.

It is an online survey, and all BCPVPA Principal members should receive an email invitation from UBC Qualtrics.

The survey will be available online starting **Tuesday, October 8, 2019** and should take about 45 minutes to complete. If you have any questions or concerns, please contact Dr. Fei Wang at fei.wang@ubc.ca