

Key Take-Aways

Elementary / Middle School teach empower **AND** model Initiative Workshop

January 21, 2010

Presenter: Nathan Eklund Topic: How Was Your Day at School?

- **So how are the adults?**
 - ~ How are you doing on multiple levels and what are the ramifications?
 - ~ What is in your control and what is not?
 - ~ Activity: Ask someone close to you what you talk about when you come home.
 - ~ What do you tell them when you have had a good day?
 - ~ What do you tell them when you have had a bad day?
- Know who you are and be that person.
 - ~ Are you living the right life?
 - ~ Are you doing what you want to be doing?
- Take a personal inventory of your time. Handout – 4.1**
 - ~ What are the needs you have to take care of now so that you are present and able to move forward?
 - ~ Identify those and then act on them.
- Culture / Climate
 - ~ Who and what creates the culture/climate at your school?
 - ~ How was your day at school?
 - ~ The quality of the staff climate will rarely exceed the health, happiness, humor, attitudes and behaviors of individual staff members.
 - ~ Is your work sustaining?
 - ~ What would you like your work environment to look like?
 - ~ What can you do to make that happen?
- Think about a single work day and everything that is out of your control.
 - ~ How is your work environment now?
 - ~ What makes for a good work environment?
 - ~ What is your ideal work environment?
 - ~ What can you do to engage differently with others to challenge yourself to be better?
- You are having a bad day...in the midst of it something turns it around.
 - ~ What saves a bad day?
 - ~ How is your attitude changed?
 - ~ Habituate habits that make your day enjoyable!

Key Take-Aways

- Burnout is a state of exhaustion that results from working too intensely and without concern for one's own needs.
 - ~ 50% of educators leave within the first 5 years of their career.
 - ~ Pay particular attention to the following questions:
 - ~ Are you still effective as a teacher, as a colleague?
 - ~ Are you being negative, cynical?
 - ~ When do you feel effective and how can you replicate it on a regular basis?
 - ~ Are you wearing the right hats in your various roles?
- Now What Do I Do? – Handout 8.4**
 - ~ What was it about teaching that made you choose this profession?
 - ~ The distance of why you chose this work and what you are presently doing is where potential job stress and personal toll takes place.
 - ~ It is all about priority and where you put yourself and your colleagues.
 - ~ What “jazzes” you and how do you find time to commit?
- How Was Your Day at School? Improving Dialogue about Teacher Job Satisfaction
By: Nathan Eklund
 - ~ Visit <http://www.charmmdfoundation.org/Education.html> click on the title as listed above and you will be sent directly to Amazon.com. **Handouts are on a CD ROM that comes with the book.

Imagine... knowing who you are, what you want to do, and doing it every day.