

PUT YOUR OWN OXYGEN MASK ON FIRST



Setting yourself up
to be a great teacher!

***I'M GOING
TO BE THE
BEST TEACHER
EVER!***



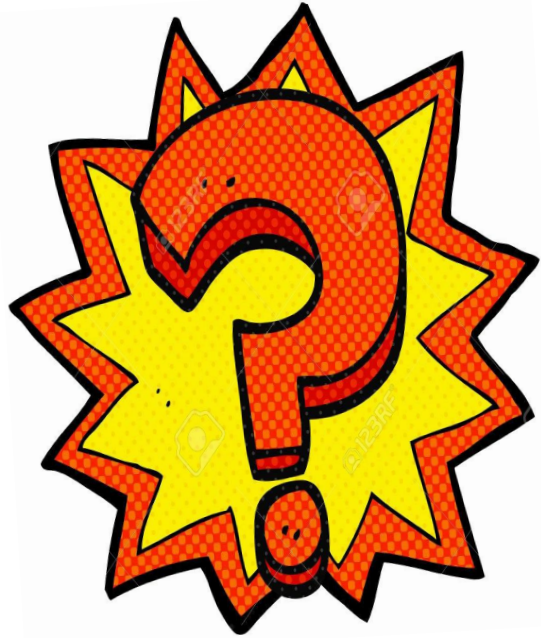
Have you
been in a
classroom
where the
teacher has
“lost it?”



LET'S TALK...

- × What were students thinking at that moment?
- × What might the teacher be thinking?
- × Every teacher wants to do well.





***WHAT MAKES SOME TEACHERS
SUCCESSFUL
AND HAPPY WHILE
OTHERS ARE NOT?***

Research on why teachers leave the profession:

1. Building leadership (principal*)
2. Work load
3. Lack of autonomy
4. Lack social-emotional skills...

self awareness



PEOPLE WHO ARE MORE SELF-AWARE ARE...

Happier, less
likely to feel
stressed or
depressed.

More
successful
in school
and work.

And more
successful in
relationships.

WHY WAIT! BECOME MORE SELF-AWARE NOW.



SELF AWARENESS IS KNOWING:

HELLO

Who you
are

How others



see you



How you fit
into the world
around you

WHO YOU ARE

Values... what
is important
to you

Passions...
what gives you
energy

Aspirations
...what you
want to
experience,
achieve



WHO YOU ARE...
WHAT ARE YOUR VALUES?
WHAT'S IMPORTANT TO YOU?

WHO YOU ARE . . .

YOUR

PASSIONS

What excites you?
Gives you energy?





WHO YOU ARE ...

ASPIRATIONS

WHAT YOU WANT TO

EXPERIENCE, ACHIEVE

WHAT'S YOUR MISSION STATEMENT

“I want to make
a dent in the
universe.”
Steve Jobs

SELF AWARENESS IS KNOWING:

HELLO

Who you
are

How others

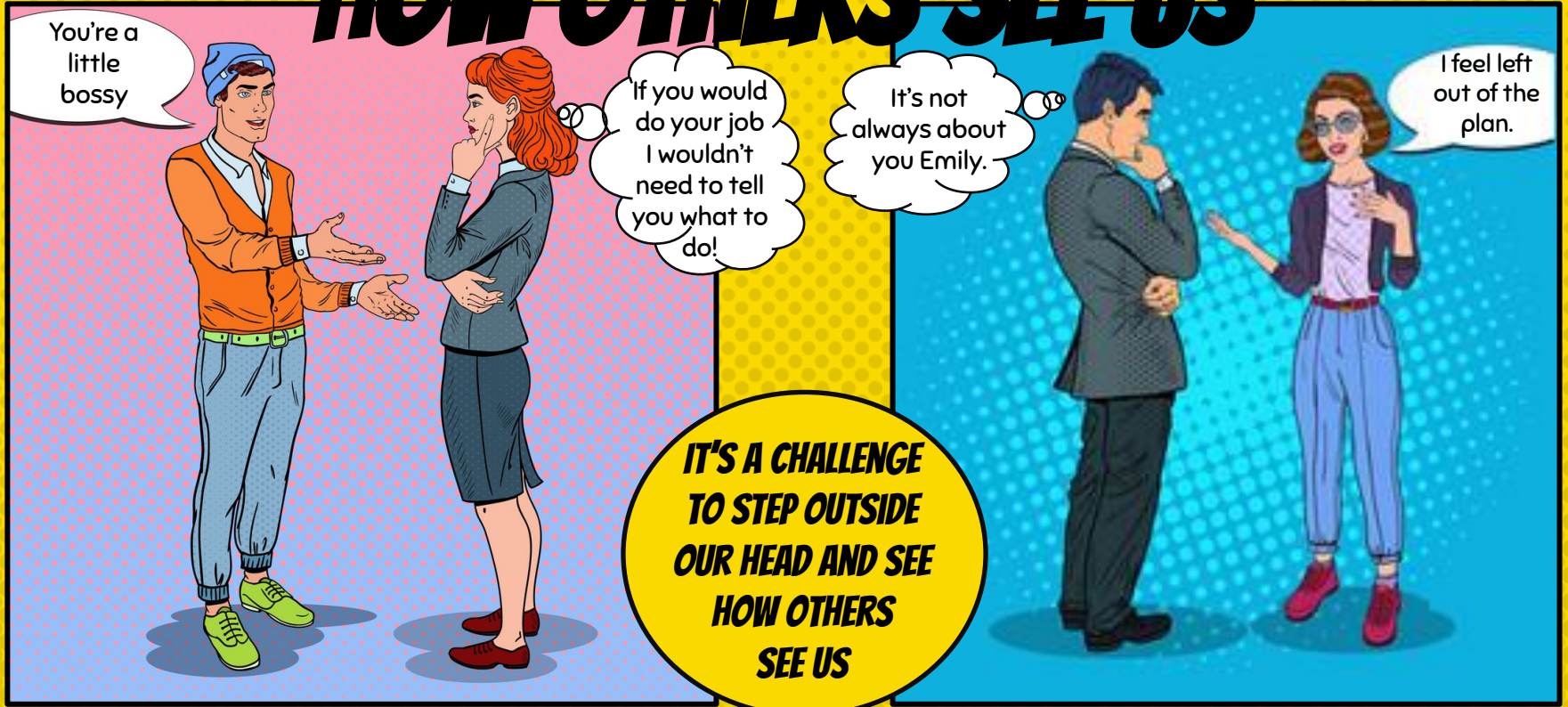


see you



How you fit
into the world
around you

HOW OTHERS SEE US



COMMON WAYS PEOPLE GET IT WRONG

If you do this...	You may see it as...	Others may see it as...
Show little attention to grooming or what you wear	Natural, not superficial	Socially unaware, careless
Always interject humor, be the first to make a joke	Entertaining, funny	Immature, tiring
Share more about yourself than others	Open, honest	Inappropriate, high maintenance
Give your knowledge to someone else	Smart, interesting	Boring, self-absorbed
Ask a lot of questions about that is happening	Interested in others	Nosey, likes to gossip
Points out how others are at fault	Honest, straight forward	Needy, plays the victim

SELF AWARENESS IS KNOWING:

HELLO

Who you
are

How others



see you



How you fit
into the world
around you

WHERE DO I FIT INTO THE WORLD AROUND YOU?

This is me!

AND HOW DO I FIGURE THIS OUT?

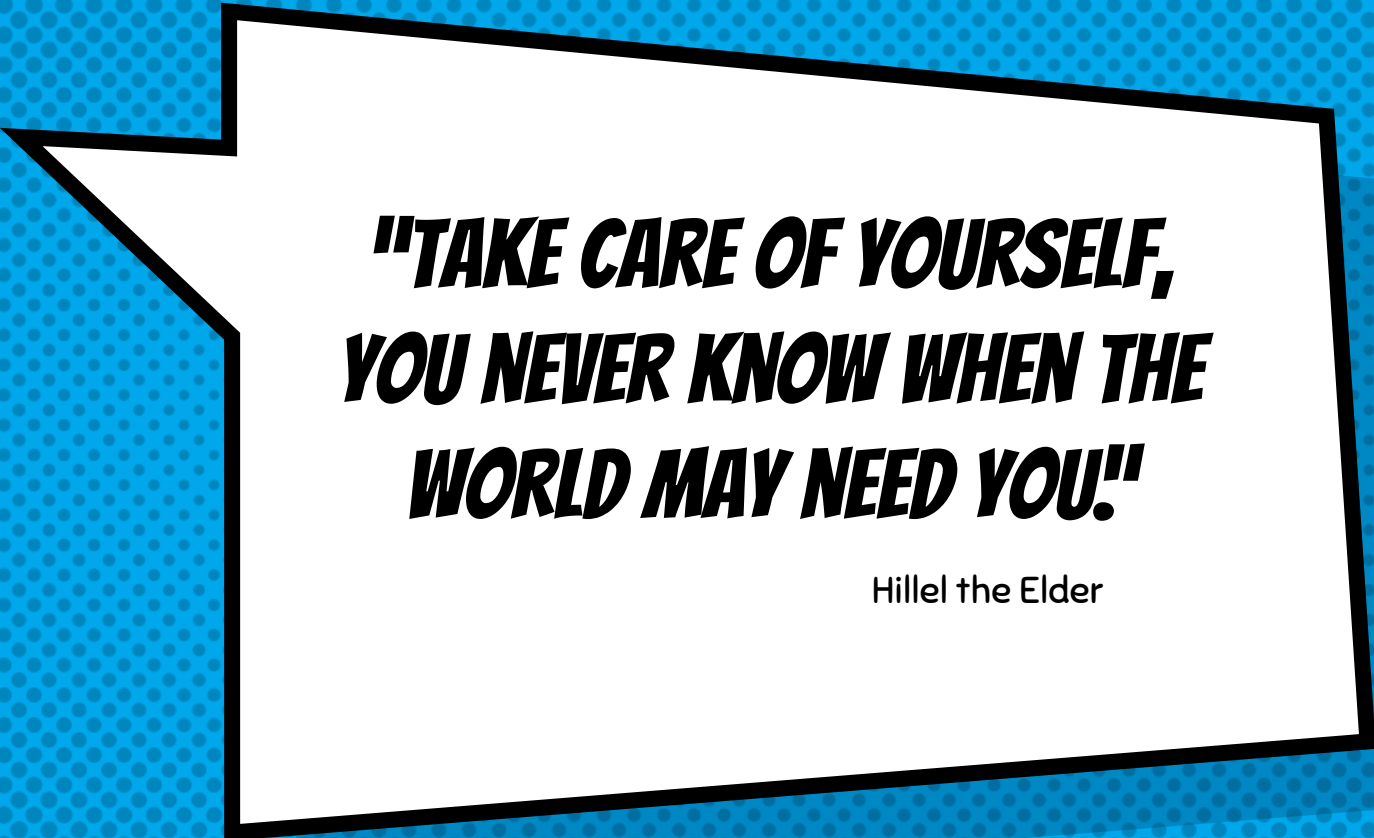
TIPS FOR GETTING IT RIGHT

- × Practice perspective taking
Ability to imagine what others are thinking and feeling
- × Ask “what,” not “why”
“Why”–leads to rumination, no insight or solutions
“What”– less judgement, helps us understand ourselves
- × Bring emotions down before making decisions or reacting
Pause, take a step back, get in control first

IT'S NOT SELFISH TO PUT YOURSELF FIRST

Self awareness– the ability to see ourselves accurately– is a 21st century job skill, AND it's important for your happiness, and your emotional and social well being.





***"TAKE CARE OF YOURSELF,
YOU NEVER KNOW WHEN THE
WORLD MAY NEED YOU."***

Hillel the Elder

YOU'VE GOT THIS!



Any questions?

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CREDITS

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- × Presentation template by SlidesCarnival
- × Photographs by Startupstockphotos