

Resilient Educators

Facilitators:

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I commit to taking one thing away from today.

What's my "Why"?

Ways to . . .

1. Foster relationships - _____

2. Prioritize wellness - _____

3. Pivot to the positives - _____

4. Seek help - _____

5. Embrace change - _____

Action Steps to Maintain My Why

When I face a professional challenge,

_____ can help me do so with greater confidence.

When I have feelings of stress and overwhelm,

_____ can help me manage them.

When I need to have a difficult conversation with a student, colleague, or administrator,

_____ can help me navigate those discussions.

When I have a setback or disappointment,

_____ can help me recover quickly.

When I want greater peace of mind or clarity of purpose at school,

_____ can help me access that.

When I am struggling with deadlines and teacher workload,

_____ will help me prioritize and organize.

Notes and Takeaways
