

★ Resilient Educators

Facilitators: Natalee Harrison and Day Harrington

Scan the code
below to answer
a couple of
questions before
we start:



Business:
Where the parking lot is,
bathroom, etc.

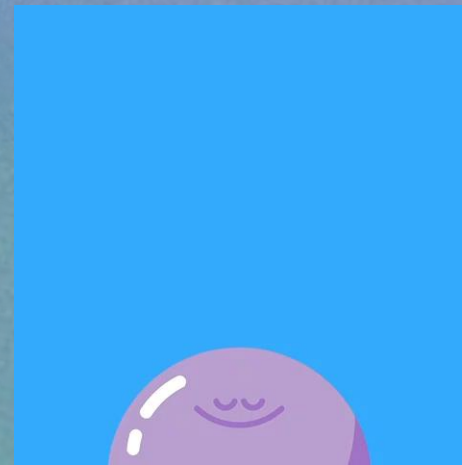


Brain Smart Start[★]

Unite - L-E-F-T and R-i-g-h-t

Connect - What's your lockscreen?

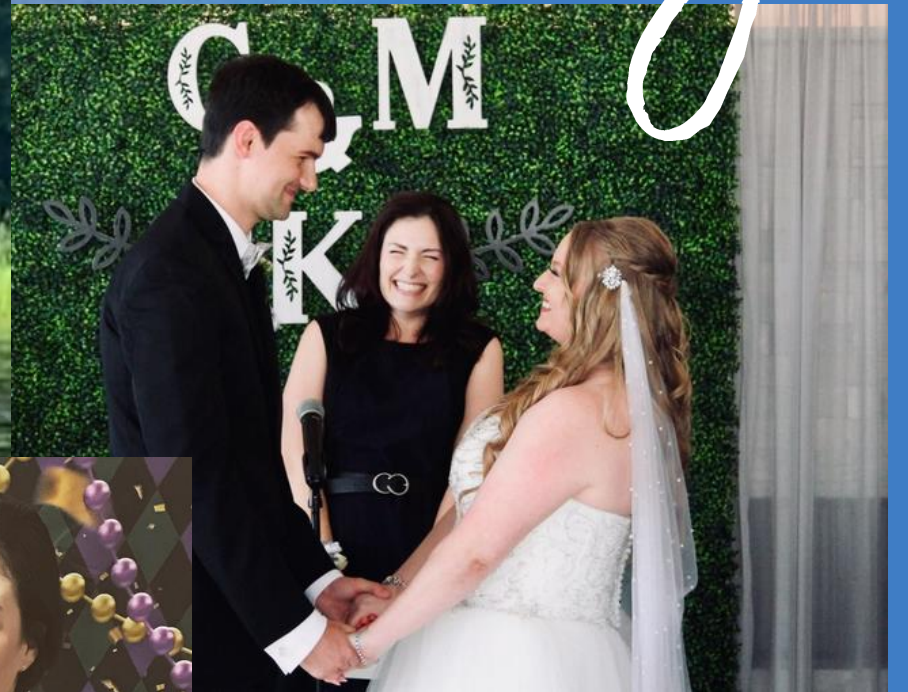
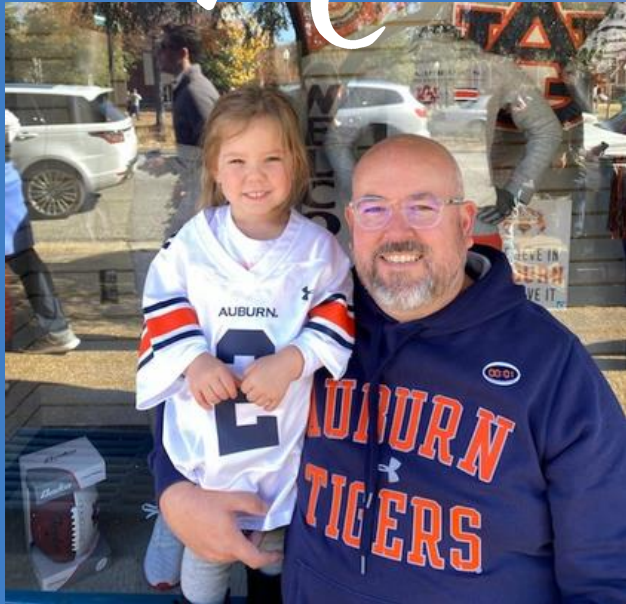
Breathe -



Wish Well - Loved Ones, Each Other[★]

Commit - Take one thing

Introductions Three Things Natalee Day



Beginning With the End In Mind[★]

What we want you to get out of today -

practical, usable

ideas for

★ maintaining your

"why" when it's hard

Resilience



What It Is



What It Isn't



★ *Resilience*

★
staying true to your
why when it's
really, really hard

What's Your "Why"?

Once you know why you're working, you can move on to how to bring that to life. ★



"We don't want to come to work to build a wall, we want to come to work to build a cathedral."

- Simon Sinek

★ To _____
so that _____.


“To inspire people to do the things that
inspire them so that, together, we can
change our world.” ★

”To empower and educate people
everywhere so that they can improve their
lives and achieve their goals.”

To use my talents, passion, and love so that
those impacted may shine.

★
Think of a time when
maintaining that why
was really, really hard.
Think of a time when you
wanted to throw in the
★ teaching towel.

What to Do

1. Foster relationships.
2. Prioritize wellness.
3. Pivot to the positives.
4. Seek help. 
5. Embrace change.

(Adapted/Stolen from APA and *Psychology Today*)

Fostering Relationships

Schedule a
date night
with my
partner.

Text a teacher friend I
haven't talked to in a while.



★ Prioritize Wellness

Put doctors' appointments in Skyward/Frontline the day I make the appointment.



Meal plan on Sundays.

Pivot to the★Positives



When decompressing with teachers, set a time limit on griping.

Write down five things I like about _____.



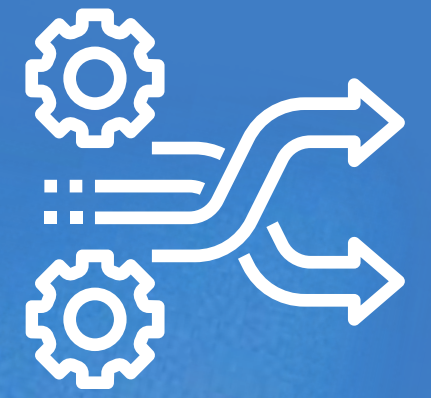
Seek Help



Ask the kids who's doing something well, and then ask that teacher how they're doing it!

Ask for what I need from my family; be specific.

Embrace Change



Try the new thing at
least a few times.

Try someone else's way of work.



A Final Note on Boundaries ★

Yes.

Yes, and . . .

No.

No, but . . .

You don't owe anyone an explanation of
your boundaries.

Finally, if you are willing . . .
go to
pollev.com/mrsday173
to answer two questions about this session.



Thank you,
Natalee and Day

