MOTIVATING THE EDUCATOR

Alison Wilson, CST, MOA, BSHA, AAS



Learning Objectives

•How did you get in the RUT
•How to get out of the teaching RUT
•How to get motivated again
•How to stay motivated

- Are you more tired than usual?
- ° Lost your passion for teaching
- Your "Ah-ha" moments are few and far between?
- Dread the work week and live for the weekends
- ° You feel a lack of pizazz.
- Your home life is feeling the effects of your rut.

Are you in a Teaching RUT?



Statistics

- \circ 91% of teachers suffer from stress
- 74% suffer from anxiety
- $^{\circ}$ $^{1\!/_{2}}$ million teachers leave the profession every year
- 41% leave within five years
- ° 66% of the best teachers leave for another profession

- Examine what is working well and what is not
- ° Research new possibilities in teaching
- ° Try new teaching ideas in the classroom
- Examine how they worked
- ° Network with other educators
- Turn your frown upside down and be positive

Getting Out of the RUT

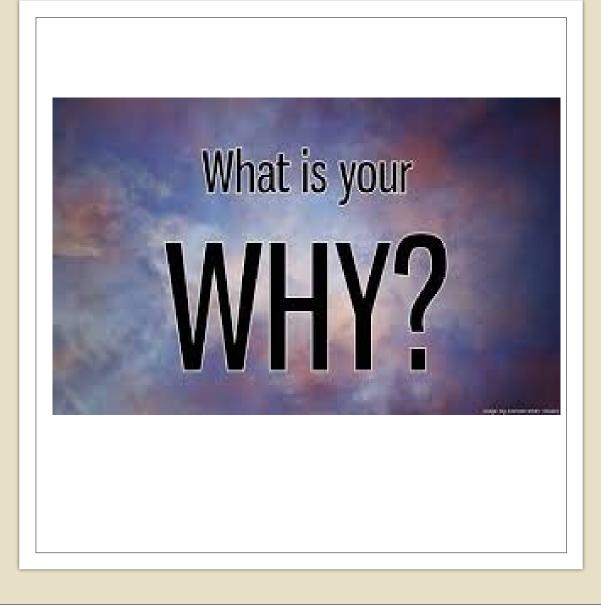


Staying Motivated

- ° Switch off
- ° Take care of your health
- Practice mindfulness
- Learn something new
- Notice how far you have come

- ° Have someone observe you
- ° Help other teachers
- ° Get to know your students again
- ° Do some action research
- Don't let perfect be the enemy of good

Staying Motivated



Good Teachers Don't Quit

° Why did you choose to be a teacher?

 Once you understand your WHY then it will help you stay motivated





