MOTIVATING THE EDUCATOR

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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.
Statistics

- 91% of teachers suffer from stress
- 74% suffer from anxiety
- ½ million teachers leave the profession every year
- 41% leave within five years
- 66% of the best teachers leave for another profession
Getting Out of the RUT

- 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
Staying Motivated

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

- 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
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.