



# 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 pizzazz.
- Your home life is feeling the effects of your rut.

Are you in a  
Teaching RUT?

# Statistics

- 91% of teachers suffer from stress
- 74% suffer from anxiety
- 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

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## 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



**YOU DECIDE!**



Thank  
you