Changing the Lens to Change the Outcome

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Welcome!
Who is in the virtual room?

- Clerical services
- Custodial/Maintenance services
- Food services
- Health and student services
- Paraeducators
- Security services
- Skilled trades
- Technical services
- Transportation services
Educator Emotional Resilience

Do You Bend or Break?

RESILIENCE

Additional Resources You may want to have handy:

Onward
Cultivating Emotional Resilience in Educators
Native Lands Acknowledgement

Please join me in acknowledging and paying respect to the Indigenous peoples who are the original inhabitants of the land we are on today, the **Coharie, Cherokee, Haliwa-Saponi, Lumbee, Meherrin, Occaneechi, Sappony, and Waccamaw-Siouan** people, and pay our respect to their tribal members past and present.

Today we honor Preston Locklear (March 16, 1839- Jan 21, 1916), born and raised in Robeson county, NC. He was deeply interested in education and always took an active part in anything that pertained to the advancement and uplift of his race. Locklear made the first move for separate schools for the Native American and Black American races in Robeson county. Just after the Civil War, while serving as trustee of a local school, he worked with Mr Hamilton McMillan, while in the Legislature, to get separate schools for native people throughout the county. He served as one of the first trustees and founders of the Indian Normal School at Pembroke. Preston had the distinction of being the father of the only practicing Native American physician in the county, Dr. G.W. Locklear of Pembroke.

The Croatan Indian Normal School’s name changed along with the people up until 1941, when it began offering four-year degrees, and became known as Pembroke College for Indians. Between 1939 and 1953, it was the only state-supported four-year college for Native People in the entire nation. Today, the school is part of the UNC campus system and is known as the University of North Carolina at Pembroke (UNCP). The University continues to be an integral component of the Lumbee community and Education remains a core value of the Lumbee people.
Native Lands Acknowledgement

A Personal connection...

Jennifer Brayboy-Locklear, pictured with her husband and their grandson

Mary-Riley Locklear was my first grade student in 2012 (great, great, great granddaughter of Preston Locklear)

Brayboy-Locklear complete family of descendants

Jennifer's grandparents (Tecumseh & Eva Brayboy), their 8 children, descendants of Preston Locklear (Eva) & Isaac (Tecumseh)
...to slow down
...to cultivate new skills
...to implement new strategies
...to build resilience
Session Objectives

By the end of this workshop session educational support professionals and participants will:

- Understand the importance in self-resiliency and self-care
- Be able to apply strategies to build resiliency within yourself
- Understand the power in your ability to choose your response
Mindsets

What mindset will you use?

- I will pay attention to my own thoughts and feelings
- I will pause before responding to others
- I will attend to my body by hydrating, nourishing, and moving as necessary
- I will listen to others mindfully without judgement
- I will assume good intentions
- I will not take things personally
- I will act with integrity
Why do we do this work?
I am Here For...

Write the first name of a child (or colleague, or community member) who you wish to keep in the front of your mind as you engage in today’s work. You may share the name (or even who they are and what they mean to you) in the chat.
Defining Educator Resilience

**PHYSICAL**
Your body can withstand stress and heal itself.

**MENTAL**
You have mental focus, determination and grit.

**EMOTIONAL**
You activate positive emotions when you need them most.

**SOCIAL**
Your friends, family and colleagues make you stronger.
The 12 Habits & Dispositions

The Habits
(What we DO)

The Dispositions
(How we ARE)
The Journey

What do your shoes (hiking boots or otherwise) most resemble on this journey of cultivating resilience?
The Journey

Now, add details!

- What do I hope to gain in developing my own resilience?
- What challenges do I currently face in my work as an educator or ESP?
- What strategies are already in my toolbox to manage stress and challenges I face at work?
- How well do I know myself? What adjectives describe me and the things/people I like?
- What emotions resonate with me most about my job/ the profession?
Habit & Disposition #1

Habit
Know Yourself

Disposition
Know Your “WHY”
Knowing Yourself...

Values  Personality  Socio-political identity  Skills
Disposition - Know your WHY
Creating YOUR Mission Statement

What do you hope will be true as a result of your work?
Creating YOUR Mission Statement

What impact do you want to have on others or the world?
Creating YOUR Mission Statement

Which values drive you to do what you do?
Habit & Disposition #3

**Habit**
Tell Empowering Stories

**Disposition**
Optimism
Empowering Stories

GOOD STORIES COMPEL PEOPLE TO CHANGE

THE WAY WE FEEL
Stories demand an emotional investment.

THE WAY WE THINK
Stories pique and hold interest.

THE WAY WE ACT
Stories bring energy to the message.

THE WAY WE BEHAVE
Stories cause us to take action.
Empowering Stories
Mindfulness Moment

There is no agony like bearing an untold story inside you.

Zora Neale Hurston
Disposition - Optimism

I am enough. I believe in me. I am worthy of love.

I am on my side. I take care of myself. My heart knows.
Habit
Build Community

Disposition
Empathy
Grounding - Mind Mapping

Words that describe a community in which I feel accepted and supported...

Community

What does community mean to me?

What do I need in a community in order to feel that it's a source of strength?

Go to: menti.com

Use code: 6924 4143

Or Scan here:
Who’s in your social network?

A cell phone scavenger hunt
Disposition - Empathy

Empathy is the sense that someone feels our pain.

It could fill the places where there are gaps, misunderstanding, & divisions among us.

Compassion is the action to empathy.
Habit
Be Here Now

Disposition
Humor
Which path do you take?
Right Here, Right Now
Disposition - Humor

"Like a welcome summer rain, humor may suddenly cleanse and cool the earth, the air and you."

Langston Hughes

A person without a sense of humor is like a wagon without springs. It’s jolted by every pebble on the road.

(Harry Wait Brocher)
Habit & Disposition #12

**Habit**
Celebrate & Appreciate

**Disposition**
Trust
Practicing Gratitude

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

John F. Kennedy

Appreciate Others

Appreciate Yourself

Relax and take in the Appreciation
Practicing Gratitude—Choose your Activity

Gratitude Journals
Visual Gratitude Journals
Honoring Ancestors
Gratitude Thank you’s
“Everyone Im Grateful For” List
Disposition - Trust
Onward to Freedom!

The resilient are:

- Purposeful
- Find meaning in every moment
- Choose their power!
I choose to feel **purposeful** when...

I choose to feel **optimistic** about...

I choose to feel **empathy** for...

I choose to find **humor** in...

I choose to feel **trusting** in...