

# Changing the Lens to Change the Outcome



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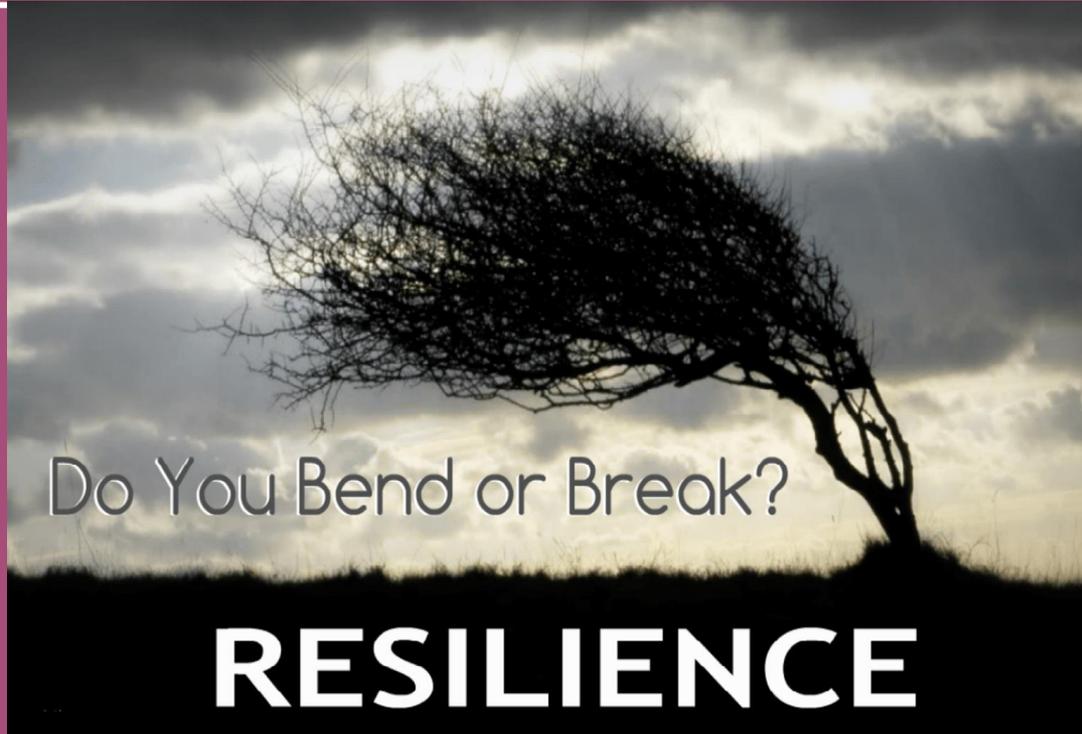
# Welcome!

## Who is in the virtual room?

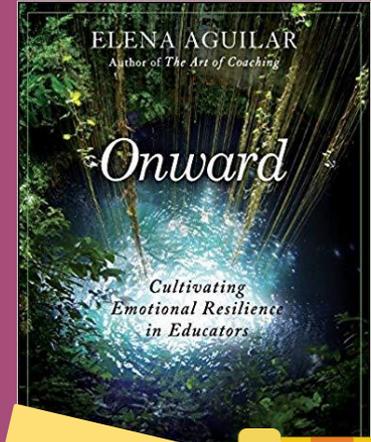


Clerical services  
Custodial/Maintenance services  
Food services  
Health and student services  
Paraeducators  
Security services  
Skilled trades  
Technical services  
Transportation services

# Educator Emotional Resilience



Additional Resources You may want to have handy:

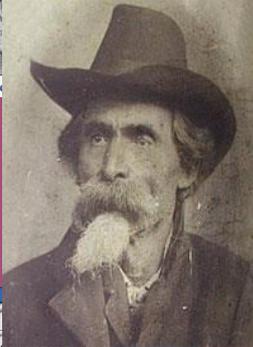


# Native Lands Acknowledgement

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.

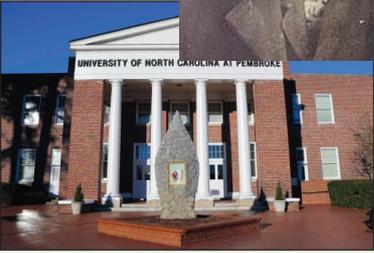


Indian Normal School



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

A group of children are climbing a colorful rope structure, possibly a team-building exercise or a playground activity. The children are smiling and appear to be enjoying the challenge. The structure consists of several thick ropes in red, yellow, and blue, arranged in a complex, interconnected pattern. The background is a clear blue sky.

**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!

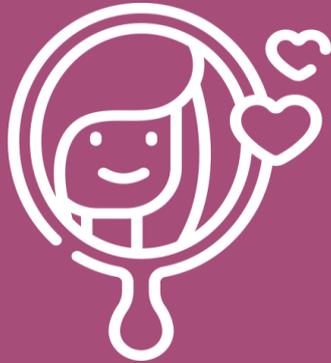
- What do I hope to gain in developing my own resilience?
- What challenges do I currently face in my work as an educator or ESP?
- What strategies are already in my toolbox to manage stress and challenges I face at work?
- How well do I know myself? What adjectives describe me and the things/people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



# Habit & Disposition #1

## Habit

Know Yourself

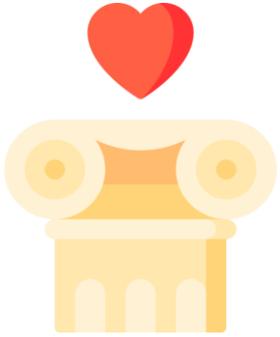


## Disposition

Know Your "WHY"



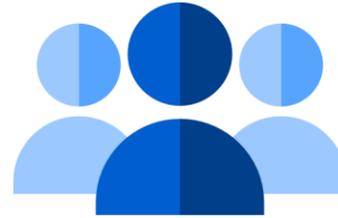
# Knowing Yourself..



**Values**



**Personality**



**Socio-political  
identity**



**Skills**

# Disposition - Know your WHY

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# 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



# Empowering Stories



# Mindfulness Moment

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

ZORA NEALE HURSTON

wist.info



# Disposition - Optimism

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I AM  
ENOUGH

I  
BELIEVE  
IN ME.

I AM  
WORTHY  
OF LOVE.

I AM  
ON MY  
SIDE.

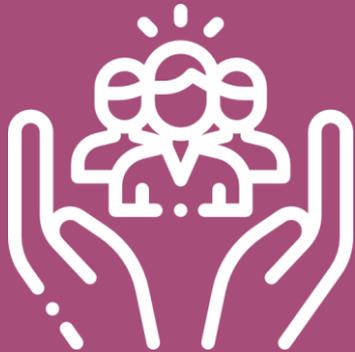
I TAKE  
CARE OF  
MYSELF.

MY  
HEART  
KNOWS.

# Habit & Disposition #4

## Habit

Build Community



## Disposition

Empathy





# Grounding- Mind Mapping



**Go to:**  
menti.com

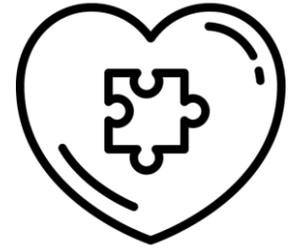
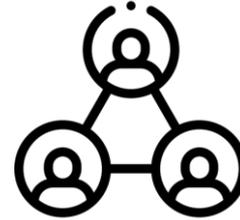
Use code:  
**6924 4143**

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 & Disposition #5

## Habit

Be Here Now



## Disposition

Humor



# Which path do you take?



Right Here,  
Right Now



# Disposition - Humor

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*"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.

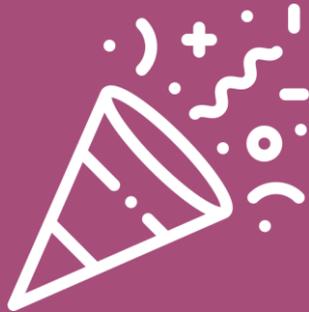
Henry Ward Beecher

© 2017

# Habit & Disposition #12

## Habit

Celebrate &  
Appreciate

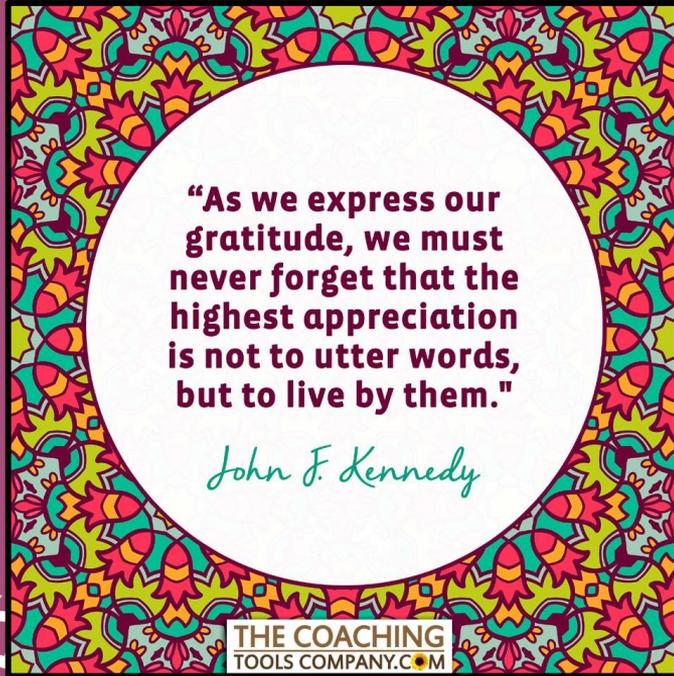


## Disposition

Trust



# Practicing Gratitude



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

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Trust  
-The-  
Process

# Onward to Freedom!



The resilient are:

- Purposeful
- Find meaning in every moment
- Choose their power!

# One Final Thought

...

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...



