

# **The Empowered Educator™**

*Discovering New Strength in Times of Change and Challenge*

## **A One Day Workshop for Schools and School Districts**

### **~ Challenges for Educators in the 21<sup>st</sup> Century**

- Impact of social, technological and economic changes
- Rising expectations and declining support for educators
- Resiliency research from Canada, USA and other countries
- Definition of resiliency - Internal strengths plus external supports
- The Resiliency Questionnaire – Profile of a resilient person

### **~*Seven Keys to Resiliency*® - A new model of human empowerment**

#### **1. Mind Power**

- Creating positive attitudes and belief systems
- Developing personal efficacy
- Using 'Learned Optimism' to change negative thinking patterns

#### **2. Emotional Intelligence (E.Q.)**

- Knowing your emotions and recognizing feelings in others
- Managing frustration, fear, anger and anxiety
- Developing empathy and self-motivation

#### **3. Positive Relationships**

- Developing healthy self-esteem
- Practicing communication skills
- Building strong interpersonal relationships

#### **4. Mastery Learning**

- Developing our eight Multiple Intelligences
- Understanding and using our unique learning styles
- Using accelerated learning

#### **5. Moral Intelligence**

- Clarifying personal values and principles
- Living your life with compassion, respect and responsibility
- Staying true to your values in times of change

#### **6. Compelling Future**

- Developing meaning and purpose in your life
- Identifying and achieving personal goals
- Creating a positive, hopeful and compelling future

#### **7. Principled Leadership**

- Being in service to others
- Modeling and teaching leadership skills
- Leading with commitment, courage and wisdom