



THE BRAIN BASED TEACHER

COURSE DESCRIPTION

This course takes a deeper look at how teachers can improve their engagement and performance as a leader and professional in their classrooms and schools. Many professional development workshops or in-service training sessions focus on instructional methods or technology in the classroom; however, teachers also need the time and training to focus on:

- Their personal growth and motivation
- Avoiding stress and burnout
- Staying positive and engaging
- Effectively communicating with others

Teachers will gain insight into their own motivation, mindset, and happiness as well as gain insight into how they impact and lead their individual students, classroom, and school.

KEY TOPICS AND OUTCOMES

IT STARTS WITH YOU: SELF-AWARENESS

Our thinking drives performance.

Key research on our brain and thinking give us insights into how we can be more self-aware of our thinking and our responses.

Self-leadership allows you to focus on leading from the inside/out.

GROWTH AND MOTIVATION

Challenge yourself to grow by using growth mindset tools for teachers.

Look at what factors drive motivation.

Learn how to be more self-accountable for your happiness.

RELATIONSHIPS MATTER: SOCIAL CONNECTION

Key research on the social brain and limbic system allows us to be in control of our reactions and actions.

Learn more about how you can use your brain to communicate more effectively.

YOU CAN BE MORE EFFECTIVE AND PRODUCTIVE

How you can tap into the drivers of your performance to be more productive.

How the core drivers of sleep, nutrition, and activity have an impact on your performance.

How to use science to tap into how you structure your day and priorities.

COMING IN 2018