

Strengthening Teacher Well-Being and Hope



OVERVIEW:

You need what your student's need!

Join Music Educator Rob Chrol as he leads a discussion on music teacher wellbeing, stabilizing personal identify, and navigating workplace dissonance as we try to foster hopefulness and strength in a constantly changing landscape.



Acknowledge our Humanity

Who are we if we aren't
teaching music?

Validation of our Feelings

Hint: All of the Things!

Recognizing our Sphere of Influence

Calm Presence through
Purpose

Validation of our Feelings

What are we allowed to be feeling...**everything!** We are allowed to be feeling whatever we feel. Once you figure out what you can control you can gain a sense of well-being.

Well-being is a starting place for hopefulness and advocacy. There are several factors that we cannot control right now, but there are some things we can!

Here are the three things Rob is doing:

#1 Everyday set an intention!

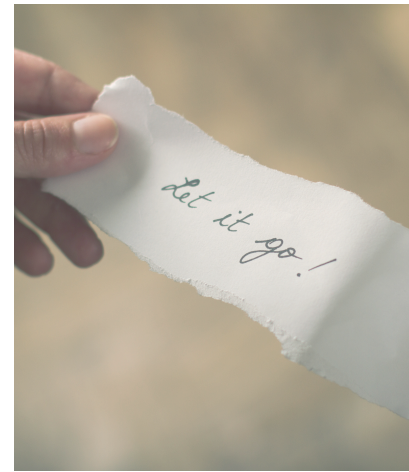
An intention is something that is in my control, my emotions, my body, so I can move through my day intentionally (now you have something you are in control of)!

- Does not necessarily need to be academic.
- Create a safe space for students.
- Spread kindness.

If it doesn't happen today, try again tomorrow and the next day.

#2 Flow like water!

- Move freely, flow around the barriers.
- It can be tranquil but it can be powerful.
- Have faith you can be like water; flexible, move around obstacles and have the strength to go with the flow.



#3 Let the day go!

At the end of day, just let the "things go". You may be holding on to things that aren't even yours. At the end of the day tell yourself "I'm letting go of everything that wasn't mine today". We cannot give what we don't have, so learn to take care of yourself!

"There is a limit to how much we can push our spirit. If we continue to push with everything we have and we don't take time for rest we will hit a brick wall pretty darn fast."

Advice from the classroom:

From Rob's Students



"Relax, take your time, no one knows what is going to happen..." - Gr. 11 Student

"Never give up, not on your students, not music and not on yourself." Gr. 9

"Band isn't all about playing. Watch, listen, talk each creates depth which helps us to appreciate music more." Gr. 11

"Try not to be judgmental, life is weird right now."-Gr. 10

"Build quality relationships with your students. Chemistry, Trust and Fun they all matter, we need you more in our life now more than ever"- Gr. 12

"Focus on things now so we can do and be better later"- Gr. 9

Recognize your Sphere of Influence

A teacher creates community, belonging, consistency, and purpose for students. A music educator does that by making music and by being a musician themselves.

Music education provides mental and emotional wellbeing. It is easy to advocate the many reasons to invest in music education! Music creates resilience in the human spirit in a way that cannot be achieved otherwise.

Rob brings in Mindful Monday's into his classes and openly admits that benefits him just as much as it benefits his students!

Music educators are some of the most compassionate people. We are great for being there for our students, but we also need to be there for ourselves.

Be Strong on the Dock!

Imagine there is someone near drowning as you are approaching the scene. Your first instinct might be to jump in and save them.

Yes, the goal is to save them. Often jumping in to save a drowning victim will create two drowning victims.

Throw them a rope, a floatation device, speak confidently to them, tell them to breathe. Get them help anyway you can but *stay strong on the dock, you can't help if you drown.*



Teaching during a global pandemic might produce similar feelings as this scenario~ just remember **to stay strong on the dock!**

Even if you feel like you are scared, that's ok, that's normal. You are going to be ok! Find ways to acknowledge your own humanity, validate your feelings, and be aware of the people's lives you are influencing. If no one has told you already, you are doing great!

"Know that you have everything you need already."



Advice from the attendees:

Quotes from participants during the session

"Bring humor into your everyday."

"Look for the silver lining, there are lots of good things happening too."

"Do something that will leave you with a tangible outcome. So much of what we do as music educators is intangible, it will bring you balance."

"Be mindful how you talk to yourself ~ would you talk like that to a child/spouse/friend?"

"Be of service to others"

"Don't sweat the small stuff, in fact, don't even sweat the medium stuff"

"Give yourself grace."



Click here to listen to the Replay