

A D A M L . S A E N Z

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RESTORING HOPE AND WELL-BEING
TO CHANGE LIVES



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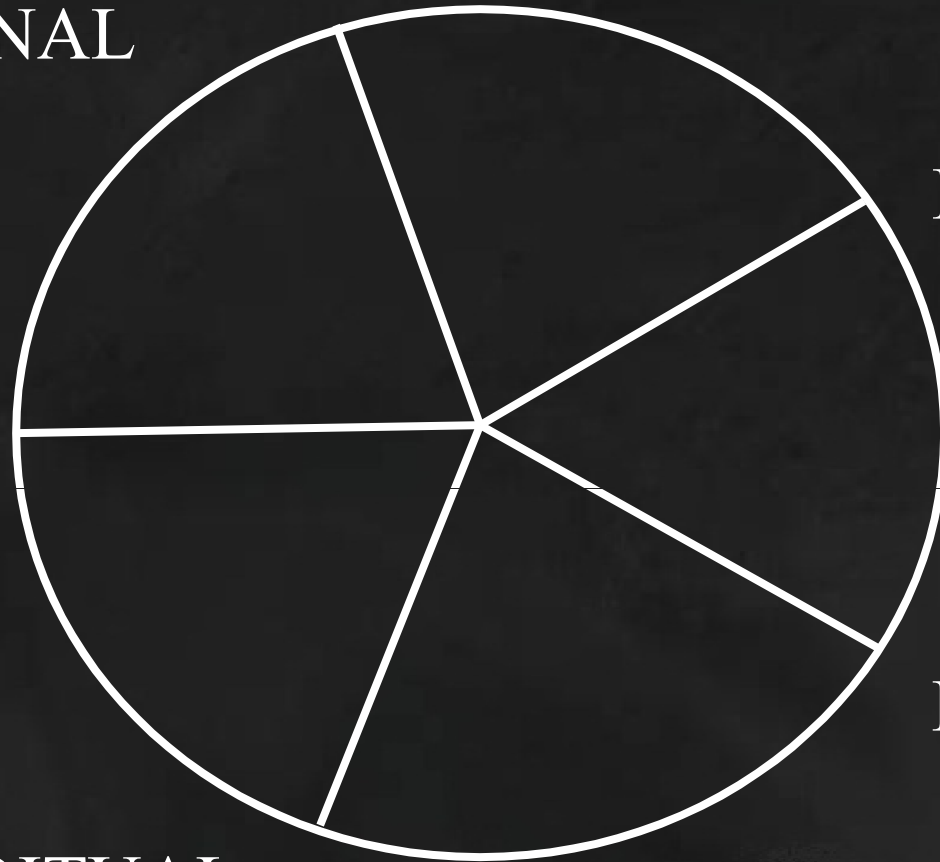
OCCUPATIONAL

EMOTIONAL

PHYSICAL

FINANCIAL

SPIRITUAL



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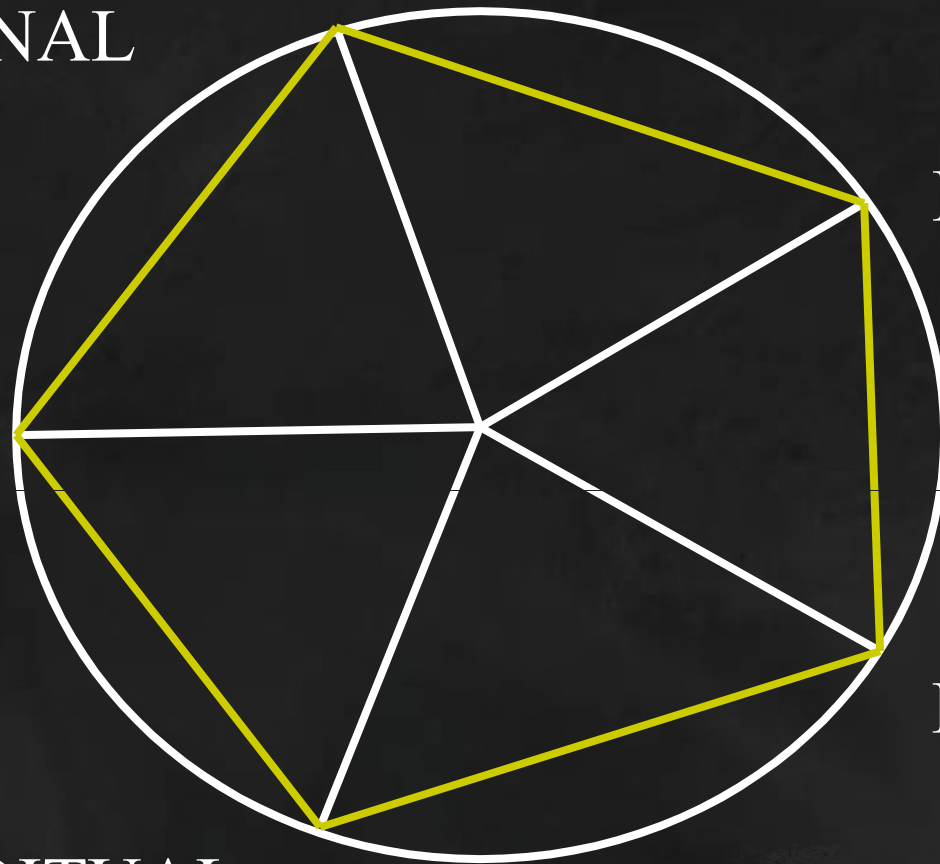
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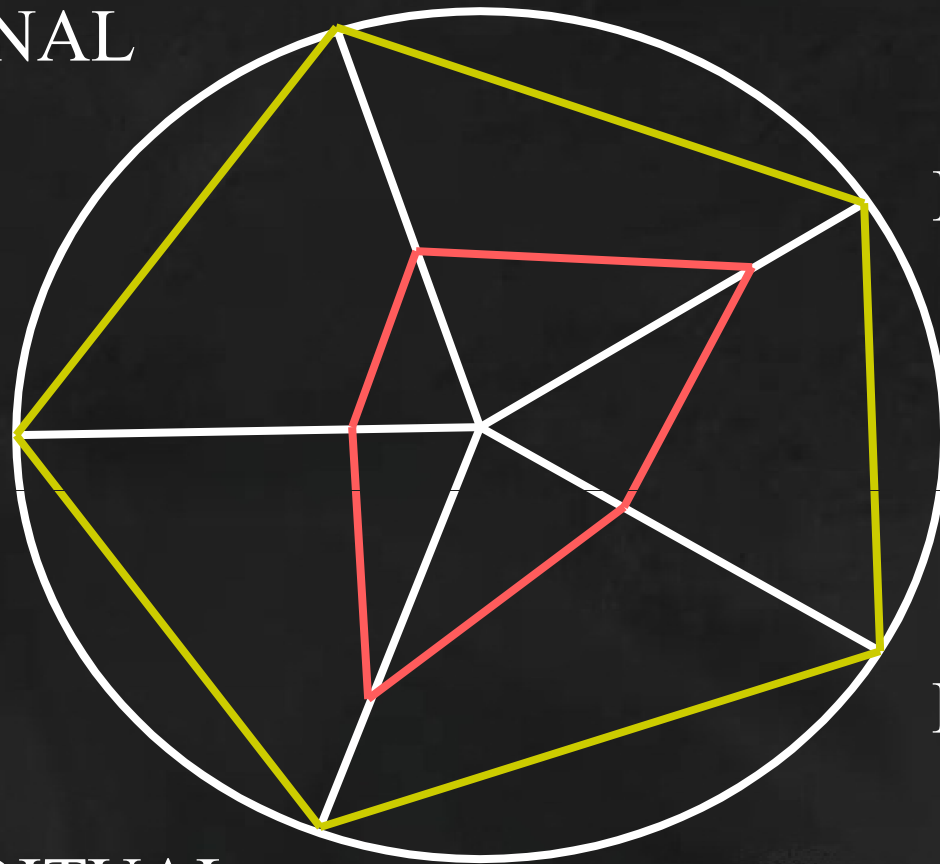
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What is occupational wellbeing?

- The keys:
 - Professional community
 - Set boundaries



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What is emotional wellbeing?

- The keys:
 - To experience and appropriately express emotions
 - Practice extending and requesting forgiveness



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What is emotional wellbeing?

- Three myths about forgiveness
 - I can't forgive them because they won't admit to wrongdoing.
 - I must forgive and forget.
 - If I'm forgiving them, I'm just asking them to hurt me again.



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What is financial wellbeing?

- The keys
 - Identify external factors that impact your relationship with money.
 - Identify internal factors that impact your relationship with money.



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What is spiritual wellbeing?

- The keys
 - Link decision making with life values.
 - Share life with like-minded individuals.



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What is physical wellbeing?

- The keys
 - Practice good nutrition.
 - Get 20 minutes of exercise a day.
 - Sleep well.



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How well are you?



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Recommendations for occupational wellbeing:

- ❑ Reach out to a colleague that is struggling. Listen.
- ❑ Attend a professional development.
- ❑ Clear the air with a colleague.
- ❑ Congratulate a colleague.



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Recommendations for occupational wellbeing:

- ❑ Practice utilizing your colleagues as a resource.
- ❑ Discuss your evening routine with your family. Ask for their help creating boundaries.



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Recommendations for emotional wellbeing:

- ❑ Ask for feedback: how well do I do emotion?
- ❑ Reflect on your family of origin experience: what was modeled?
- ❑ Forgive someone.



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Recommendations for emotional wellbeing:

- ❑ Request forgiveness.
- ❑ Forgive yourself.
- ❑ Litmus test for counseling: I'm stuck.



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Recommendations for financial wellbeing:

- ❑ Establish accountability.
- ❑ Reward yourself for self-discipline.
- ❑ Explore your family-of-origin experience with money.



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Recommendations for financial wellbeing:

- ❑ Talk to someone who makes more and someone who makes less than you.
- ❑ Give!
- ❑ Watch an episode of Hoarders on Netflix.



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Recommendations for spiritual wellbeing:

- ❑ Prioritize spending time with others who share your value system.
- ❑ (Re) evaluate how your role as a teacher overlaps with your value system and calling.



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Recommendations for spiritual wellbeing:

- ❑ Write yourself a letter reminding yourself why you chose to enter education, include the hopes you have for your investment in your calling.
- ❑ Keep a “Calling Journal.”



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Recommendations for physical wellbeing:

- ❑ Find a workout partner!
- ❑ Consult with a nutritionist to create a daily nutrition plan.
- ❑ Practice effective sleep hygiene.
- ❑ Watch *Fat, Sick and Nearly Dead*



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I will...

