

## 1. POSITIVE EMOTIONS

- Experiencing overall positive, rather than negative, emotions associated with your work life and day-to-day activities
- We are more likely to notice and focus on negative emotions: negativity bias
- Brain's very cool feature: neuroplasticity
- Hardwiring happiness through **savoring**

happiness, optimism,  
confidence, pleasure, zest, hope,  
comfort, contentment, joy,  
pleasure, peace, gratitude,  
satisfaction, curiosity, inspiration

Beware of toxic positivity!

## Reflection round 1

Refer to the wheel of emotions and think about the following:

1. An example of **something good** that took place at work **this week**, however big or small it was
2. The **positive emotions** you experience **regularly at work**

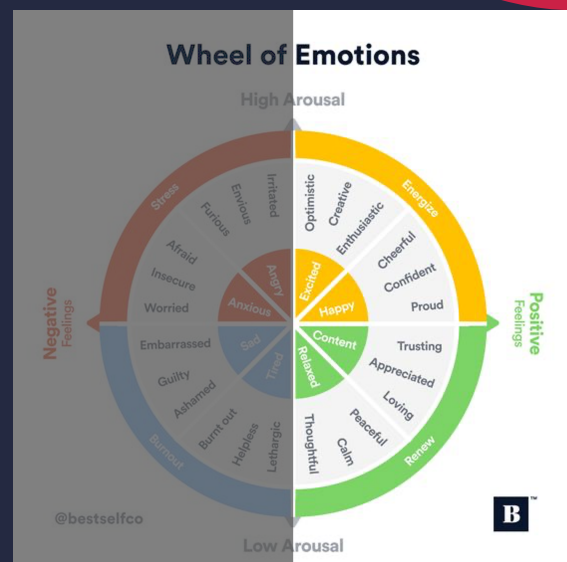


Image source: <https://civims.com/originals/5b/40/#/6b40f50468a0e87ac838245e249cc1.png>

## 2. ENGAGEMENT

- Becoming so absorbed in an **enjoyable** activity that we lose sense of time
- Fully using skills, strengths and attention to complete a **challenging** task

In a state of flow, our body is flooded with positive neurotransmitters and hormones that elevate our sense of well-being.

### FLOW:

a state of being fully engaged with a task

Mihaly Csikszentmihalyi

The activity is its own reward.



## Reflection round 2

Refer to the character strengths and think about the following:

1. What your **favorite aspect of teaching** is and which **character strengths** it activates
2. The last time you were "in the zone"
3. The work-related activities that **energize** you

Image source: <http://www.crowe-associates.co.uk/wp-content/uploads/2018/07/Strengths-3.png>

### 3. RELATIONSHIPS

- Having high quality relationships is a key ingredient to our well-being
  - Fulfil our need to belong
  - Provide support during tough times
  - Inspire growth and joy in daily life
  - A powerful positive influence on our overall health and happiness (Peterson, 2006)

US teachers are involved in about 1000 interpersonal contacts every day.

Holmes (2005)

### Reflection round 3

- Think about the 3-5 **colleagues** you spend most of your time at school and **how they make you feel.**
- How are **YOU contributing** to the positive relationships with your colleagues?
- Consider your **relationships with your students.**

## 4. MEANING

- A sense that your work is purposeful and valuable in the larger social context
- Connecting with the greater impact of your work provides professional satisfaction

### MATTERING:

the perception that, to some degree and in a variety of ways, we are a significant part of the world around us

Elliott et al. (2004)

## Reflection round 4

- **Why** did you become a teacher?
- Depending on your career stage, think about how your original purpose and motivation have evolved so far.
- What are the 3 things you stand for in your work?

PERSISTENCE  
KINDNESS  
CREATIVITY  
REASON  
COURAGE  
RESILIENCE  
BRAVERY  
INTEGRITY  
PROGRESS  
PIONEERING  
PRODUCTIVITY  
COMPASSION  
SINCERITY  
MENTORING  
CURIOSITY

FAIRNESS  
ENJOYMENT  
PRECISION  
TEAMWORK  
CONNECTION  
COMMITMENT  
FUN  
CONFIDENCE  
PEACE  
REPUTATION  
BALANCE  
ENTHUSIASM  
RECIPROCITY  
KNOWLEDGE  
CONSISTENCY

DIVERSITY  
SEPARATION  
INSPIRATION  
JUSTICE  
INTUITION  
GROWTH  
DRIVE  
SUCCESS  
GRATITUDE  
DEDICATION  
NURTURING  
SIMPLICITY  
TRUST  
VALIDATION  
SECURITY

## 5. ACCOMPLISHMENT

- Competence, success, and mastery over something
- Driven by intrinsic motivation
- Setting professional goals:
  - Helps our productivity
  - Adds to purpose
  - Builds self-esteem
  - Develops growth mindset

We must be able to look back on what we do with a sense of accomplishment: 'I did it, and I did it well'.

Own your successes!

## Reflection round 5

- What did you do well in the past lesson/week/month?
- If you had one day per week free of teaching, but had to use it for work-related purposes of your choice, how would you be spending your time?
- Think about 1-3 professional skills/practices you want to acquire or develop further this year.



## 6. VITALITY

- Taking good care of our body and mind
  - sleep
  - nutrition + hydration
  - movement
- Maintaining physical vitality and energy management is essential for building resilience



\*pre-pandemic data

## Reflection round 6



Image source: <https://www.itsmental.co.uk/PERMA-V-MODEL/>

- Think about how your **levels of energy fluctuate** during the day.
  - When are you most energetic? When do your levels of energy drop?
  - What are you typically involved with at those times?
- Is any of the following affected by your work: nutrition, sleep, physical activity?



## References:

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## Useful links:

1. **Three Good Things exercise:**  
<https://uwosh.edu/counseling/wp-content/uploads/sites/178/2020/04/Three-Good-Things.pdf>
2. **Character Strengths Survey:**  
<https://viacharacter.org/character-strengths-via>
3. **Setting SMART goals:**  
<https://www.developgoodhabits.com/wp-content/uploads/2020/10/smart-worksheet.pdf>
4. **Hardwiring Happiness:**  
<https://www.rickhanson.net/the-science-of-positive-brain-change/>

THANK YOU!