



APRIL 24, 2023

How Can I Apply a Resilient Mindset to My Teaching Practice?



Educators have unilaterally been through the toughest years of teaching in recent history. Teachers are “powering through” and “burning out” at the same time, resulting in taking care of themselves becoming much less of a priority. A timely reminder on how to take care of themselves, with proven strategies, could make the difference in how they move forward as they continue to navigate the ever-changing teaching and learning environment.

This 20-Minute Mentor explores healthy perspectives on mindsets associated with resilience. The presenter shares, through his own personal experiences, how to become a resilient teacher who can thrive, sustain, and enjoy a career of giving and serving students

by recognizing and implanting strategies that can be included in your teaching practice.

Upon completion of this program, you'll be able to:

- Identify strategies to implement toward a resilient mindset
- Understand the basics of an appreciative inquiry mindset
- Know the basics of a growth mindset
- Recognize the connection between grit and grace and how it is possible to incorporate both



Available from
Monday, April 24 –
Sunday, April 30, 2023



<https://mondaymorningmentors.com>



Password: mindset843

