



# Teacher Inset Training

## Emotional Health: a vital key for functioning teachers



If the most effective teaching is modelling, what kind of role models are we for students? How much do we value ourselves? Are we looking after our own emotional health? How is our work/life balance? These aspects need our attention; the more we address them for ourselves, the more we can contribute to a healthy and successful learning environment.

### **Aims of the day:**

1. To introduce the main principles of “Emotional Intelligence”
2. To see how an understanding of EI can help in Behaviour and Classroom Management
3. To help us to be aware of our own emotions and the effect of our emotional state of mind on our performance as teachers
4. To help us to be aware of our own emotions and the effect of our emotional state of mind on the teams of which we are a part

This is a workshop-style day, combining group discussion with individual, pair and group exercises. As teachers, we are aiming to teach children to value themselves, to take responsibility for the world around them and their part in it. Ultimately, this capability comes from a sense of our own value.

### The day addresses:

- Emotional Healthcheck questionnaire
- Investigating Left/right brain, rational/emotional brain
- Principles of emotional intelligence – how it gives us meaning and purpose
- Our perception and how it relates to our experience – our projections
- How we see ourselves – self-concepts
  1. Being aware of our emotions – we all act because of how we feel
  2. Our attitudes to problems – could they be our emotional mind asking for attention and development?
  3. Our defence mechanisms
  4. What's OK about me
- How we see others – the value of relationships
- Contributing
- Appreciating

### Outcomes for teachers:

- Draw creatively on experience to address personal emotional health issues
- Apply theory critically to analyse their professional experience and continuing development
- Use a self-reflective approach to devising, developing and delivering emotionally intelligent classrooms and supporting students
- Use a self-reflective approach to developing emotionally intelligent teams and supporting colleagues

### Outcomes for schools:

- Address core themes of Every Child Matters (Make a positive contribution) and Healthy Schools initiatives (Emotional Health and Wellbeing).
- Support teachers to facilitate students' personal development and create a successful learning environment