inspire

INSPIRATIONAL INSTRUCTION
Emotional Intelligence and Resiliency: Teaching During Covid-19
OUR MONTHLY WEBINAR SERIES

Thought leaders in education sharing topics to inspire the best teaching and support social emotional learning.

Opinions and content in this presentation are that of the featured guest speaker and may not necessarily be a direct representation of Sanford Harmony or Sanford Inspire.

You will receive a recorded version after the webinar and you can watch at any time.
TODAY’S GUEST SPEAKER

DORINA SACKMAN-EBUWA

2014 Florida Teacher of the Year

Top-4 Finalist, National Teacher of the Year

Boss of B.E.L.I.E.V.E! ® LLC
Welcome to Transformative Emotional Intelligence and Resiliency:
Teaching During Covid-19

Dorina Sackman-Ebuwa
Boss of B.E.L.I.E.V.E.! but a teacher first!

1. Bone Broth
2. Tik Tok
3. Bird & Bugs at the FL/Ga Line
Please come visit "The Franch!"
Ask Questions
Engage through comments and questions
Invest in your own learning
Open the heart & mind by balancing them
Unite our purpose: to increase awareness of the importance of strong mental & emotional well being for teachers during this time and beyond.
First and foremost, let's talk emotions and self. How are you doing??

'NOT MANY PEOPLE HAVE ASKED IF I'M OK'

@Dorina_BELIEVE
Well hello there emotions!

WORD ART WarmUp:

• Think of a word(s) that describe(s) your emotions during this time.
• In the Question Box, write your word(s)
• We will create a Word Art of our present emotions

@Dorina_BELIEVE
Content Objectives

We will...

• learn a quick overview of transformative emotional intelligence (TEI) & how TEI assists us in our current emotional intelligence in this time of change and pivot in teaching

• learn the 4 Pillars of TEI (Part 1).

• learn how TEI impacts SEL (Part 2).

• learn strategies to reach and teach through compassion and empathy (embedded).

• prepare our minds and hearts for now and the future school year (Part 3).

Language Objectives:

We will

• authentically write and discuss our TEI as a personal journey OR to share with colleagues.

• write and discuss our thoughts, ideas, connections to the 4 Pillars in our every day lives.

• write and discuss our thoughts, ideas, and understanding of how our own EI impacts how we teach and embed SEL

• Write and discuss our next steps for ensuring healthy emotions and a healthy mind.

#BELIEVE_Cafe

@DorinaBELIEVE
Transformative Emotional Intelligence
• Emotional Intelligence impacts Virtual/Crisis E-Learning:

1. Forms a healthy learning environment characterized by trust, respect, & engaging dialogues strengthening empathy and compassion through self-reflection of emotions.

2. Creates healthy learning environments that are critical to the development of constructive thinking, problem solving, goal setting, and achievement.

3. Improves overall teacher health and wellness.

4. Improves overall mental well being in teachers.

5. Improves relationships with students because of 4 & 5.

6. Improves interactions & relationships with colleagues, parents, and community because of positive stress management.

7. Increases communication between teacher & parent through improved intrapersonal skills.

8. Creates embedded social and emotional teaching and learning opportunities because of teacher heightened awareness of EI.

9. Increases the ability to feel a stronger sense of happiness during an uncertain time.

10. You learn to forgive yourself better and love yourself even more!

I. Interpersonal and Healthy Relationships
   Assertion, Anger Management, Anxiety Management

II. Personal Leadership
   Comfort, Empathy, Decision Making, Leadership

III. Self Management
   Drive Strength, Time Management, Commitment Ethic, Positive Personal Change, Well Being/Health

IV. Intrapersonal
   Self Esteem, Stress Management, Health
Emotionally intelligent behavior is reflected in the ability to think constructively & behave wisely.

Intentional and self-directed behavior needs reflective thoughts.

Wise and effective behavior requires the ability to regulate and express emotions in healthy ways.

EI harmonizes the cognitive and emotional minds. Understanding the two are essential to effective behavior.

(Nelson & Low, 2005)
Emotionally intelligent behavior is reflected in the ability to think constructively & behave wisely.
• Intentional and self-directed behavior needs reflective thoughts.
• Wise and effective behavior requires the **ability to** regulate and express emotions in healthy ways.
*The following Gif contains a close flying bird. If you have Ornithophobia, please look away.

EI harmonizes the cognitive and emotional minds. Understanding the two is essential to effective behavior.
• CLEAN OUT THAT JUNK DRAWER!

I CANNOT CONTROL
(So, I can LET GO of these things.)

IF OTHERS FOLLOW THE RULES OF SOCIAL DISTANCING
THE AMOUNT OF TOILET PAPER AT THE STORE

I CAN CONTROL
(So, I will focus on these things.)

THE ACTIONS OF OTHERS
MY POSITIVE ATTITUDE
TURNING OFF THE NEWS
FINDING FUN THINGS TO DO AT HOME

PREDICTING WHAT WILL HAPPEN
HOW I FOLLOW CDC RECOMMENDATIONS
LIMITING MY SOCIAL MEDIA
HOW LONG THIS WILL LAST

OTHER PEOPLE'S MOTIVES
MY OWN SOCIAL DISTANCING
MY KINDNESS & GRACE
HOW OTHERS REACT

Clipart: Carrie Stephens Art
TheCounselingTeacher.com

#BELIEVE_Cafe Day 3 Q3 with Miss Dorito
@Dorina_BELIEVE
Get Into the ZONE!

**Fear Zone:**
- Every ailment in a symptom
- I will slip up due to my attention span
- I will get it and...
- I will give it to my husband and...

**Learning Zone:**
- Everything in that Zone is me!
- I started #BELIEVE_Cafe to help others
- I do Webinars like Sanford Inspire!

**Growth Zone:**
- I live by What IS not What IF
- I continue to keep a routine to manage my anxiety
- I practice TEI skills
tuko pamoja

(n.) lit. “we are together”; a shared sense of purpose and motivation in a group – it transcends mere agreement, and implies empathetic understanding among the members of the group
I. Interpersonal and Healthy Relationships
   Assertion, Anger Management, Anxiety Management

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   Comfort, Empathy, Decision Making, Leadership

III. Self Management
   Drive Strength, Time Management, Commitment
   Ethic Positive Personal Change

IV. Intrapersonal
   Self Esteem, Stress Management

https://www.youtube.com/watch?v=D-DDW2OF-Ac&list=PLBiuc5ujxHN1e2j0SitKCsTXReLdeQx
WHY?
Interpersonal

Leadership

Self-Renewal

Developing emotionally healthy mind

Value of Two Minds

Self Management

Intrapersonal
Emotional Intellect
What's Going On?


- Compassion Fatigue
- Vicarious Trauma
- Depressive Disorders
- Anxiety Disorders
- Sad
- Mad
- Glad
- It's Bad!
Without knowledge of one’s own EI, SEL may become simply a course, a behavioral situation, or a separate lesson, a mandate, an escape. Love & Empathy are there, but authenticate it even more when YOU show love and empathy to yourself!

“Emotional experience and expression are unique to each teacher and student. No one else thinks, expresses feelings, chooses behaviors, and acts in the same way.”

Nelson & Low 2005
Compassion Fatigue: In Check
Vicarious Trauma: In Check
Depressive Disorders: Check
Anxiety Disorders: Check
Sad: In Check & Choice
Mad: In Check & Choice
Glad: In check & Choice
It’s Bad! It’s getting BETTER...
• Walking through my emotions during a straight up “moment”.

• An “anxiety episode” that needed reflective thought, acceptance, grace, and cognitive mind intervention.

• It is *my own* but I hope showing it helps someone else during this time. Forgive Friends; forgive yourself.
Time Management, TEI & Wellness, Oh My!
Positive Stress Management is Accepting Stress Lives On!
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#BELIEVE_Cafe
The Emotionally Intelligent Teacher knows...

EI IS THE MOST IMPORTANT INFLUENCING FACTOR IN HIGH LEVELS OF ACADEMIC ACHIEVEMENT AND CAREER SUCCESS;

EI IS THE KEY TO PHYSICAL AND MENTAL HEALTH

EI ENABLES US TO RESPOND TO OTHERS WITH EMPATHY AND GUIDES OUR INTERPERSONAL INTERACTIONS WITH OTHERS

EI MAKES SELF-REFLECTION AND PERSONAL GOAL SETTING POSSIBLE

EI IS THE LEAD SYSTEM FOR POSITIVE PERSONAL CHANGE

EI CONTROLS VITAL SURVIVAL AND STRESS MANAGEMENT FUNCTIONS

EI IS THE LEAD SYSTEM AND SOURCE OF HAPPINESS, SATISFACTION, JOY, AND LOVE.
Well hello there emotions!

WORD ART WarmDown:

- Think of a word(s) that describe(s) your emotions after learning about Transformative Emotional Intelligence.
- In the Question Box, write your word(s).
- We will create a Word Art of our “newly educated TEI emotions” then do a Side by Side.

@Dorina BELIEVE
I NEED A BREAK
Emotionally Intelligence Educators MUST...

Be the Educators who LEAD to Inspire & Empower Via EMPATHY!®
Connect & Collaborate
Dorina Sackman-Ebuwa
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B.E.L.I.E.V.E.! With Miss Dorito
@Dorina_BELIEVE  #BELIEVE_Cafe

Thank you!
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Dorina Sackman-Ebuwa
Boss of B.E.L.I.E.V.E.! but a teacher first!
DON’T MISS OUR NEXT WEBINAR

SEL and STEM: Building Empathy to Solve World Problems

June 23rd, 10am-11am PST OR 1pm-2pm PST

Michael Soskil

Educator, Author, 2016 Global Teacher Prize Top Finalist
Thank you

GET INSPIRED.

Follow Up Survey Will Be Sent To You – We Appreciate Your Feedback