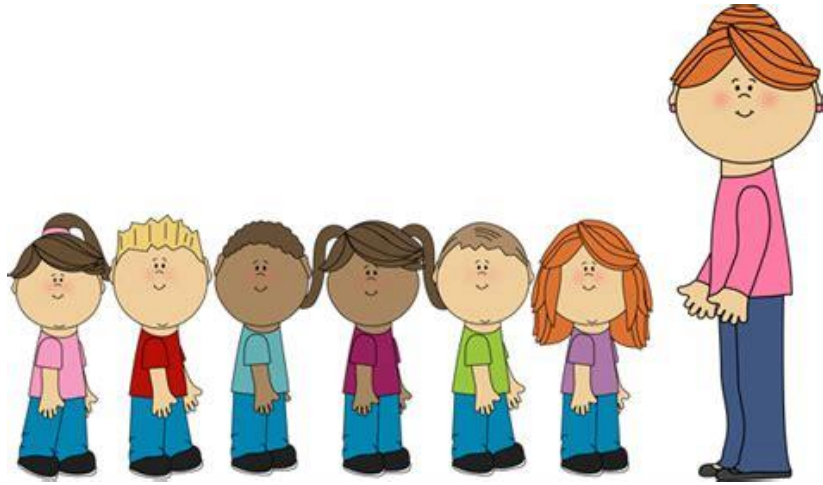


Teachers, learners, humans



Teachers' and students'

motivation

Really?



But who would like to be the donkey....



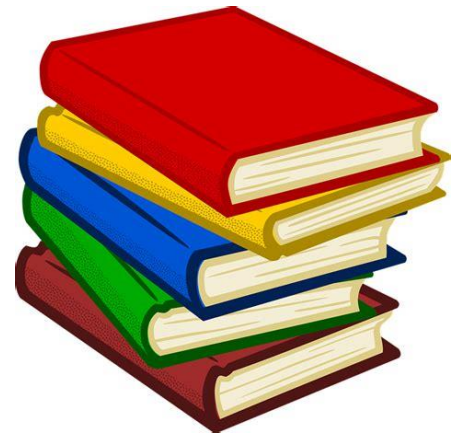
www.shutterstock.com · 282473300



Motivation:

a process that initiates, guides, and **maintains** goal-oriented behaviours.

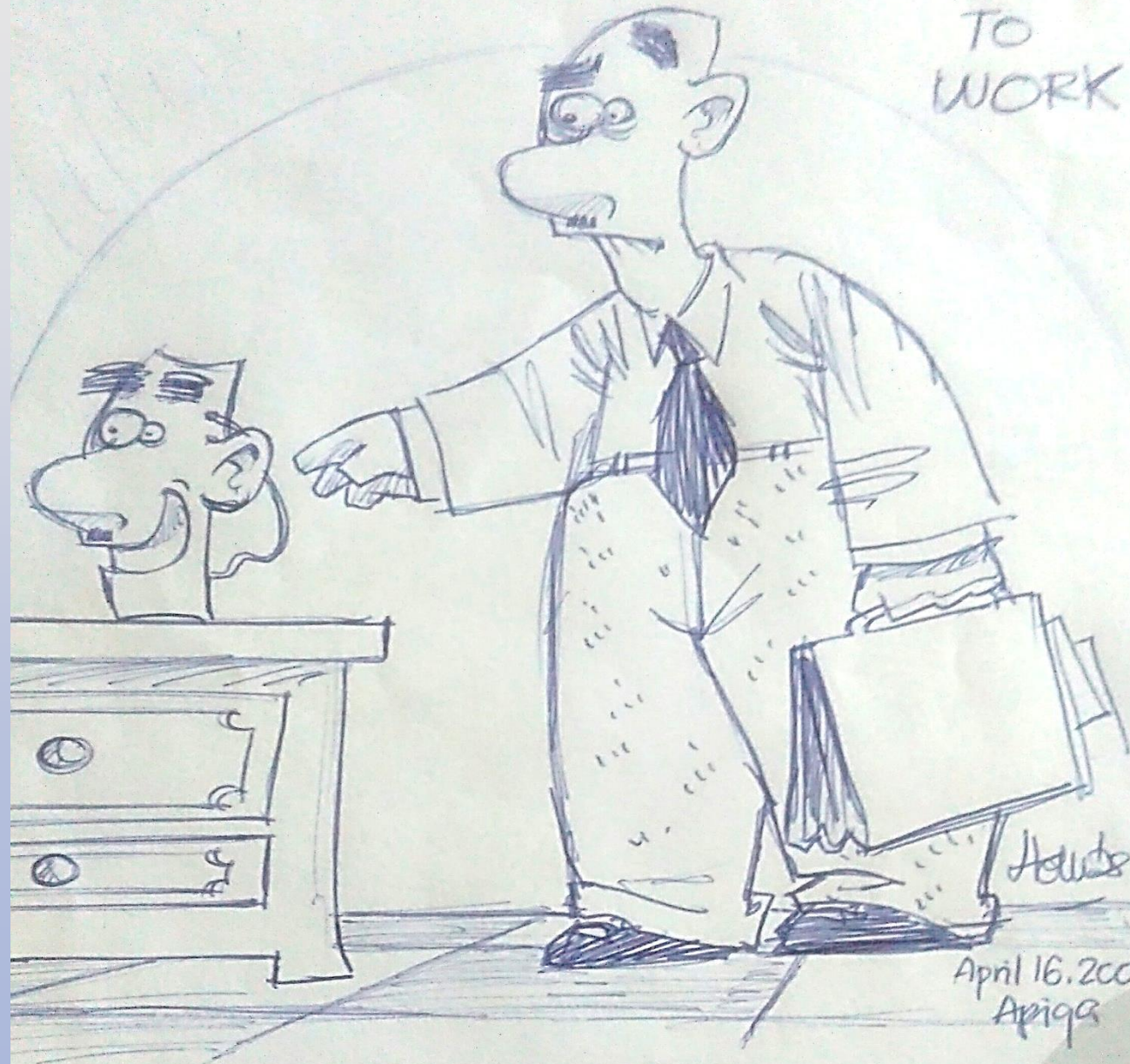
Motivation is what causes you to act, whether it is taking an aspirin to reduce pain or studying to gain knowledge.



Types of motivation

- Intrinsic: to feel inherent satisfaction
- Extrinsic: to achieve some outcome
- Family: to provide for and/or to please the close ones

GOING
TO
WORK



bureaucracy



students

exams

colleagues



head teacher

salary



professional development



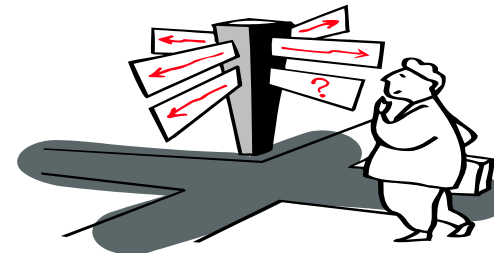
parents

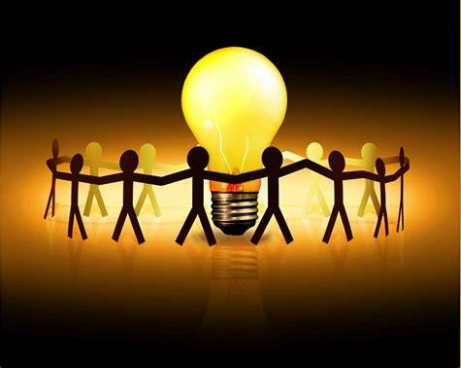
working conditions



professional advancement

it's raining trouble....





Rapport

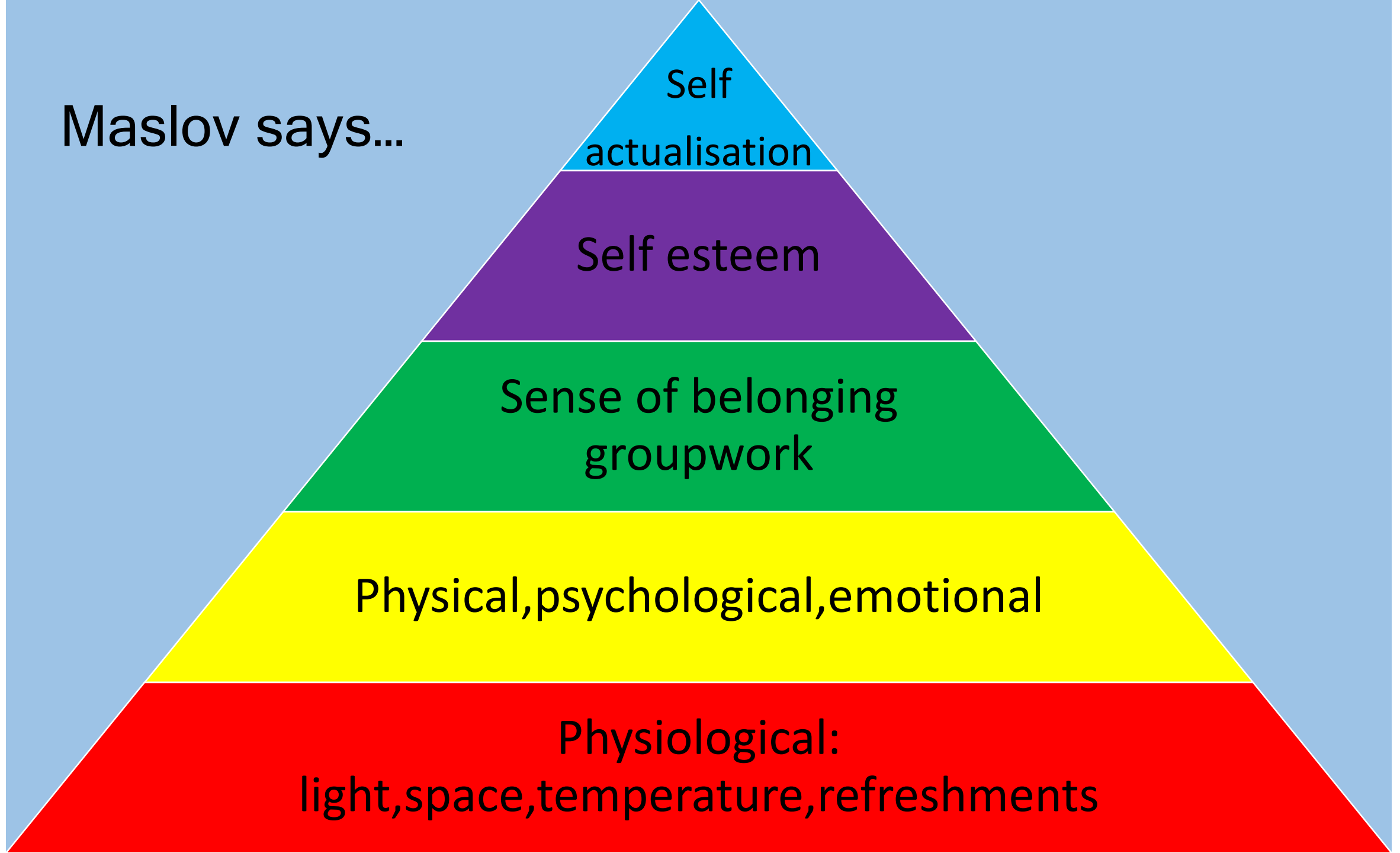
- a close and harmonious relationship in which the people are “in sync” with each other, understand each other's feelings or ideas, and communicate smoothly.
- an old French verb *rapporter* : to carry something back; what one person sends out, the other sends back .
- **Grok**: to understand something intimately and completely (originally from Stranger in a Strange land, by Robert A. Heinlein)

Building rapport

- matching your body language (posture, gestures)
- indicating attentiveness: maintaining eye contact
- matching tempo, terminology and breathing rhythm
- use of positivity
- increasing intimacy: self-disclosure, sharing



Maslov says...



8 THINGS EVERY TEACHER NEEDS

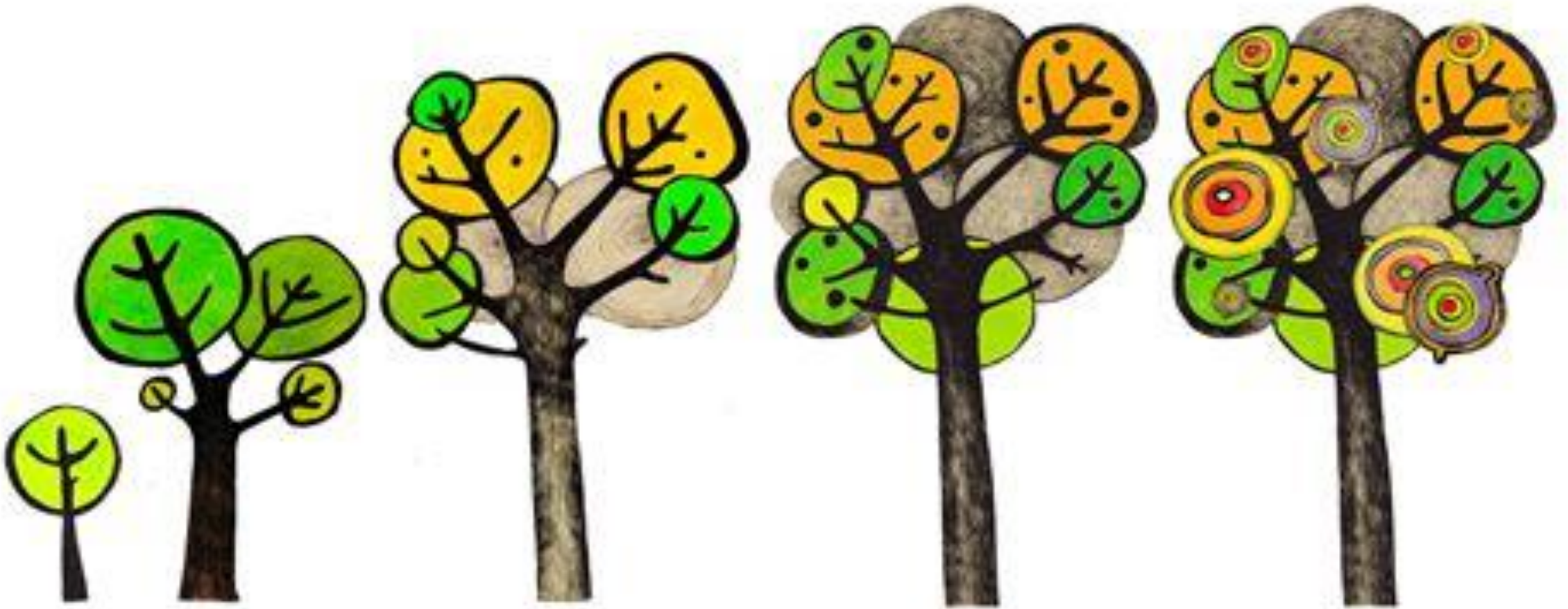
IN ORDER TO GROW



By Terry Heick @

teachthought
WE GROW TEACHERS

And our learners?



HOW TO BE A TEACHER IN 2019

Make sure your student's academic, emotional, psychological, mental, spiritual, physical, nutritional and social needs are being met, while being careful not to over-stimulate, under-stimulate, or neglect them in a classroom that is plastic-free, processed-food free, negative energy free, body conscious, socially conscious, mindful, egalitarian but not authoritarian, nurturing but fostering of independence, gentle but not overly permissive, and uses just the right amount of technology – too much and you'll harm their development and too little and you won't set them up for the future.

Oh, and don't forget a pencil.

How to be a teacher in 2017

Make sure your students' academic, emotional, psychological, mental, spiritual, physical, nutritional and social needs are being met, while being careful not to over-stimulate, under-stimulate, or neglect them in a classroom that is plastic-free, processed-food free, negative-energy free, body conscious, socially conscious, mindful, egalitarian but authoritative, nurturing but fostering of independence, gentle but not overly permissive, and uses just the right amount of technology – too much and you'll harm their development, too little and you won't set them up for the future.

Oh, and don't forget a pencil.

Don't we have the right to...

- Bring in our own personality
- Express our needs
- Use our and our students' interests and hobbies (where appropriate 😊)
- Take responsibility for our teaching
- Discover ways in which we and our students work best
- Enjoy ourselves
- Earn a decent living

If you are in danger of burning out ,there are some individual as well as administrative measures to be taken:

- prioritise your goals
- eliminate stressors from your immediate environment
- follow a healthy lifestyle
- develop interests outside your job
- get support from your family and friends
- and colleagues – they probably have been there as well
- and teacher organizations

- and therapists
- learn stress management skills
- learn to say no to excessive demands
- manage your time wisely
- accept the fact that you are only human
- search for a relaxation technique that suits you
- get out of the rut – do something surprising from time to time
- seek support from your superiors

Above all, remember that you too have a right to be happy and enthusiastic in your classroom. A frustrated teacher gets frustrating results.

And our learners?

This is an (almost) empty slide
Fill in this gap with each group you teach

A photograph of a beach with a large number of smooth, light-colored pebbles. In the center foreground, a stack of seven smooth, light-colored stones is balanced on top of each other. The background shows a clear blue sky and a calm blue ocean.

Thank you for your attention!

Don't forget to recharge your batteries, have a great summer!

Pilgrims

Magda Zamorska