

Relating well-

Building positive relationships with parents, colleagues and supervisors

Tea Session- 9 February 2018

Speakers: Ms Jane and Ms Janice



Relationships with parents, colleagues and supervisors

Teacher at the beginning
of the school year

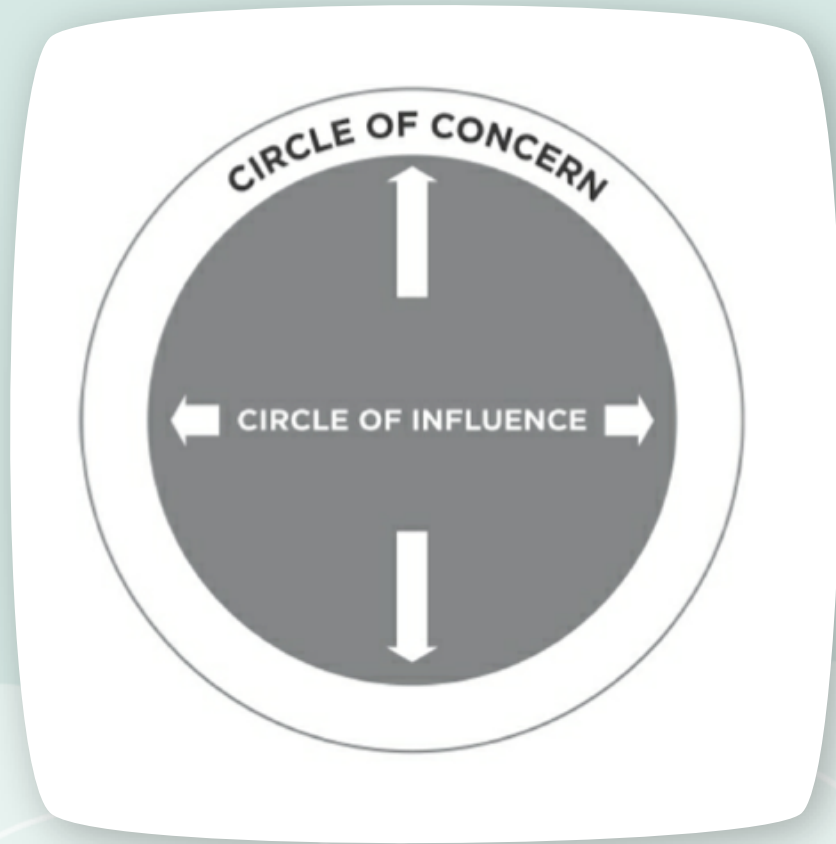


Teacher at the end
of the school year

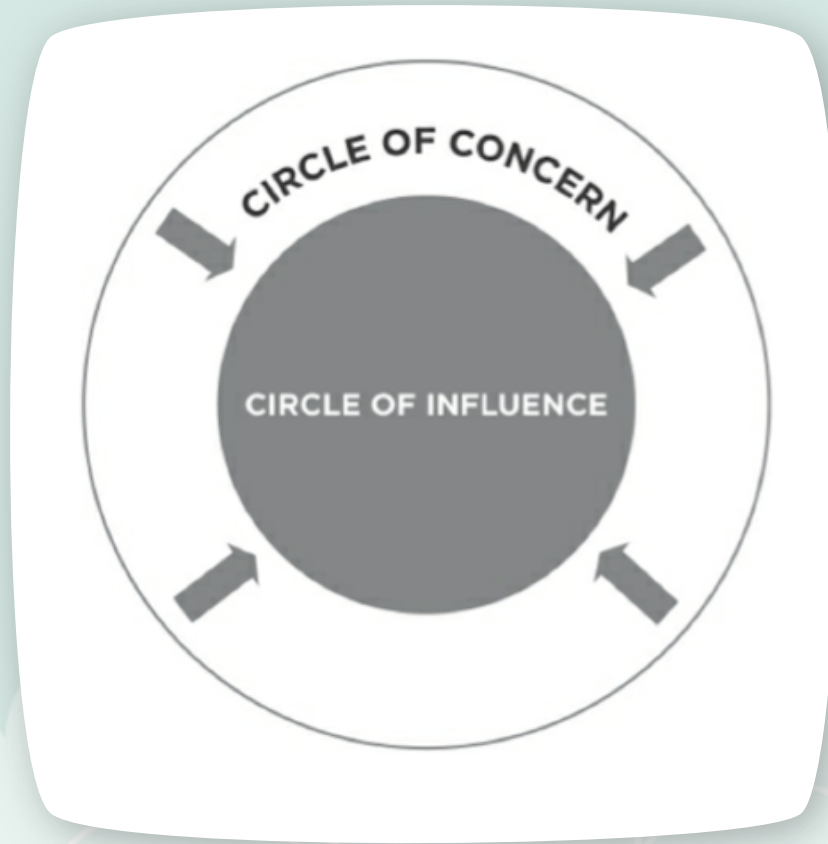


What are your fears?

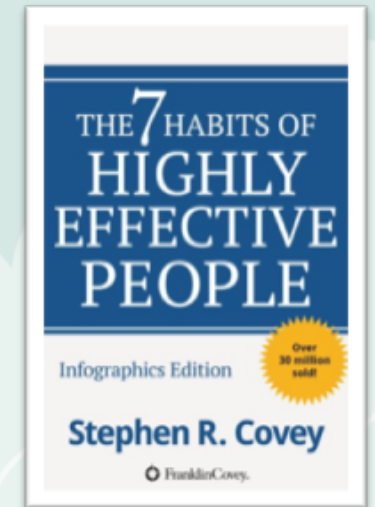




Proactive Focus



Reactive Focus



As long as we are working in our Circle of Concern, we empower the things within it to control us. We aren't taking the proactive initiative necessary to effect positive change.

Reactive Language vs Proactive Language

- There's nothing I can do.
 - That's just the way I am.
 - He makes me so angry.
 - They won't allow that.
 - I have to do that.
 - I can't.
 - I must.
 - I only.
- Let's look at our alternatives.
 - I can choose a different approach.
 - I control my own feelings.
 - I can create an effective presentation.
 - I will choose an appropriate response.
 - I choose.
 - I prefer.
 - I will.



Practice Time!

Form groups of 5 and
pick your scenario!



Take the Challenge!

- For a full day, listen to your language and to the language of the people around you. How often do you use and hear reactive phrases?
- Identify an experience you might encounter where based on your past experience, you would probably behave reactively. Make a commitment to yourself to exercise your freedom to choose to behave proactively.
- Select one of your fears and determine whether it is a direct, in-direct, or no control problem. Identify the 1st step you can take in your Circle of Influence to solve it and then take that step.
- Do the 30-day test of proactivity!



Q & A

