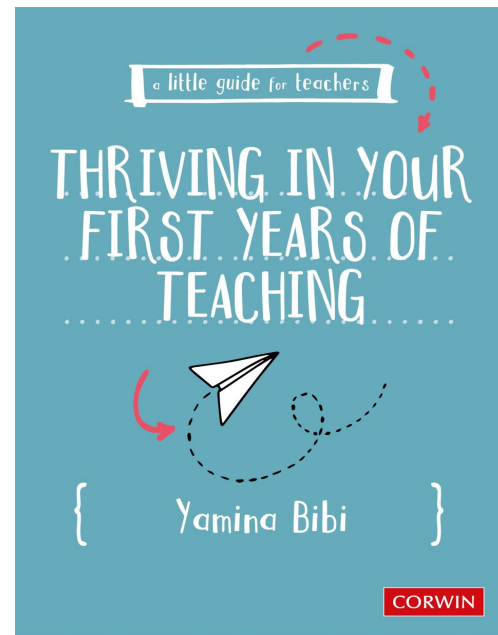




How to Thrive in the Teaching Profession

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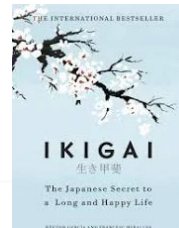


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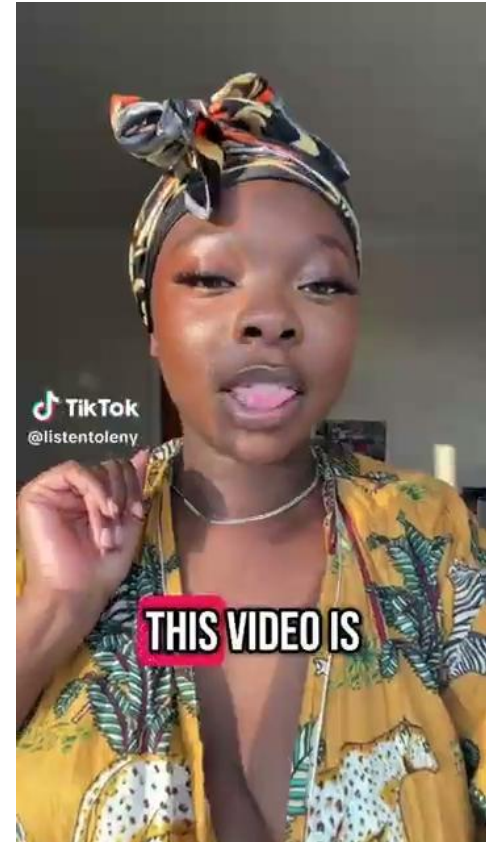
What's Your Why?

'Having **visible** reminders of your core values in your teacher planners or on a computer screen in your classroom can **support your self-care** when facing challenging tasks.'



Building Effective Rapport

- Build psychological safety and trust in your classroom
- Every conversation counts
- Build connections outside of lesson time



Managing your workload and wellbeing

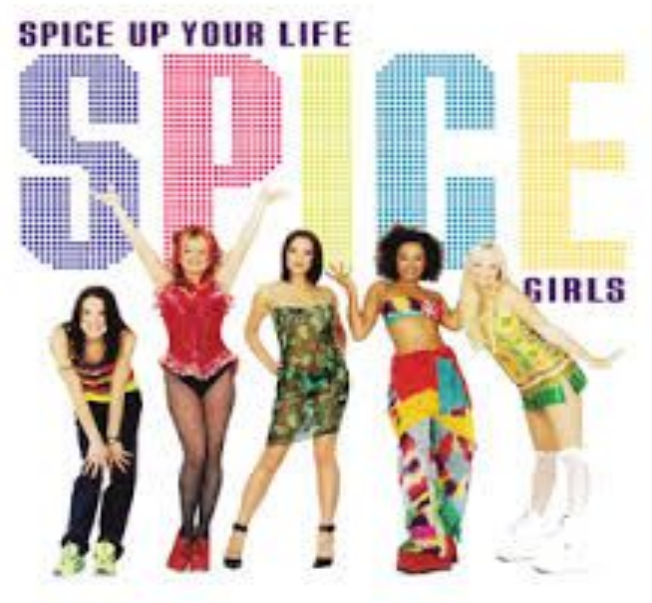
Spirituality

Physical

Intellectual

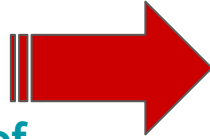
Creativity

Emotional



The Internal Glass Ceiling

Claudia Chan, Executive Coach, surveyed thousands of her subscribers to better understand the challenges women are going through after the pandemic. 91% of them felt at least 3 of them.



Shattering The Internal Glass Ceiling To Thrive In The External World-Bonnie Marcus

OVERWHELMED: "This is a lot. I can never measure up to my own expectations"

FEAR: "What if x-y-z happens, I must control more"

SELF CONSCIOUS: "What will they think about me?"

COMPARISON: "Wow, they are better than me when it comes to X"

SCARCITY: "There is never enough money, time + other stuff."

GUILT: "I should have been better at X or done more for Y"

PRESSURE: "It's hard to balance parenting with just 'living life'"

Do you recognise any of these challenges?

Interrupt your tendencies

My tendencies

*What do I tend to think
and how do I tend to
feel?*

Triggers

What are my triggers?

My actions

How does it show up?

Consequences

What happens?

The reality

What is the truth?

How do I feel?

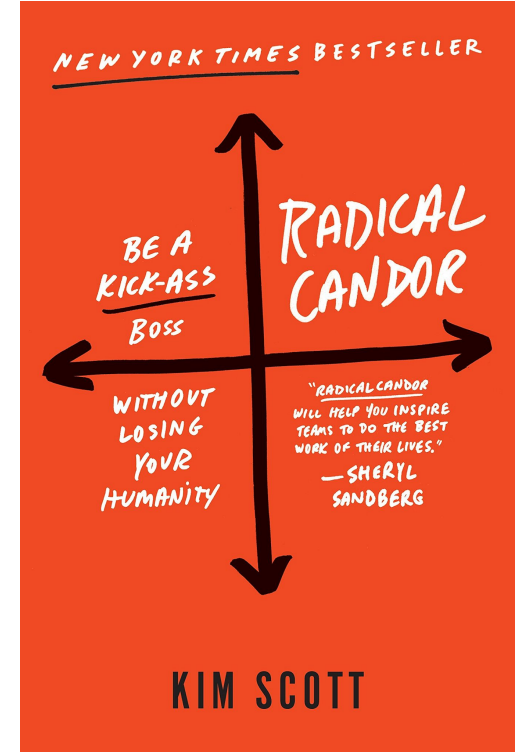
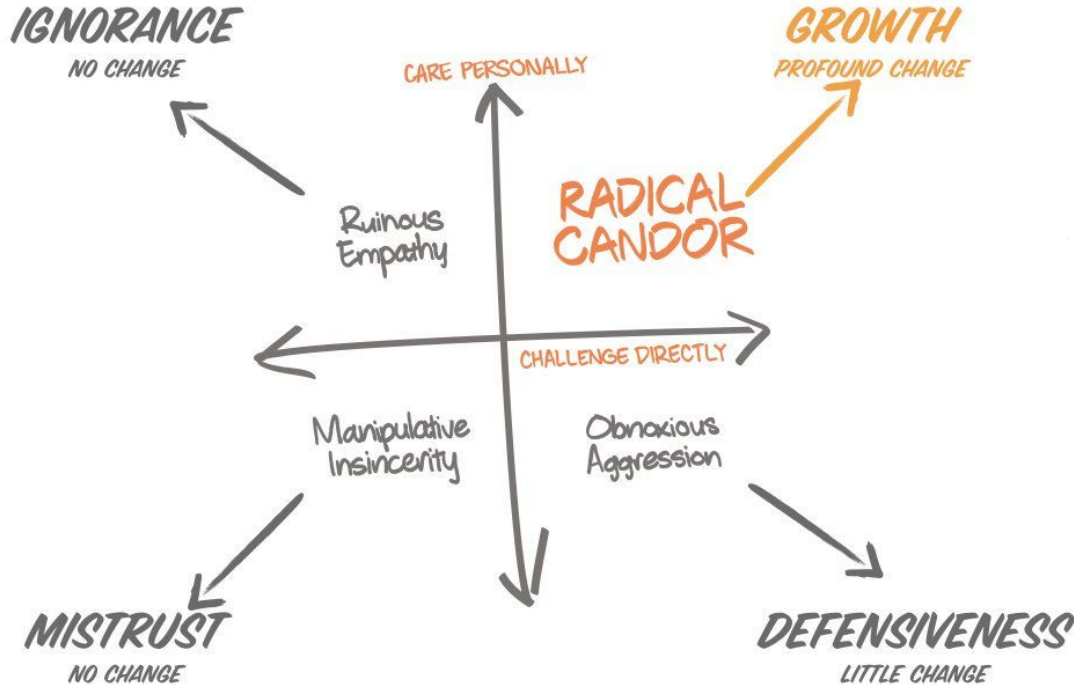
- ★ I feel like I'm not good enough
- ★ I feel like I'm a rubbish teacher
- ★ I feel overwhelmed by everything

What do I know? What will you do?

- ★ I have lead a number of successful teams!
- ★ My students gave me a shout out in Year 11 assembly last week
- ★ I know there



Receiving and Giving Feedback



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Who are your mentors, advocates, coaches and sponsors?

“Surround yourself with people who empower you, uplift you, challenge you and celebrate you.”



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