***BECOMING YOUR FAVORITE TEACHER, A COACHING SESSION***

*Priming* the Future: Part One

For just one minute, close your eyes to visualize or imagine that your favorite teacher of all time is walking into a new classroom, full of THE worst behaved students ever. Chaos, noise, and disorganization are pushed to the limit, but she turns into their hero. Now conjure detail about the image:

What does the classroom look like?

How are the student seats arranged?

Where in the room does the teacher go?

What do the walls have on them?

How is the teacher dressed?

What time is it?

What emotions stir for the teacher?

What thoughts flow for the teacher?

What can the teacher hear?

What can the teacher smell?

Why so the students behave so?

What is making them behave so?

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**What will your favorite teacher do or say to make effective changes?**

**Explain why this teacher is your favorite:**

*Priming* the Future: Part Two

**Imagine each of your students experiencing you as their hero.**

**Dr. Phil often says that one person has got to be the hero of the relationship to begin a betterment process, to begin a better situation.**

**I say, it feels great to be a hero. Let it be me.**

What does/would being a hero feel like?

Where would you stand or sit in relation to students?

What tone of voice would you be using?

What tone of voice would they be using?

How often would you address each other at school, with non-academic conversation? With academic inquiry?

Would they address you if they ran into you at the grocery store? At a restaurant? In Europe?

What would your students do for you?

What would you do for your students?

Would the partnership energy be increased or decreased?

Would the partnership exchange be more positive or less positive?

Would students be more motivated or less motivated?

Would you be more motivated or less motivated?

How did your favorite teacher get to be your hero? How did s/he affect your education, your character, your self-esteem, your memories?

How would your students grade your behaviors on their education, their character, their self-esteem, their memories?

*Priming* the Future: Part 3

You are an effective, appreciated teacher. Imagine yourself entering any classroom full of students.

What do you do?

What do you say?

At the end of class you hear students compliment your lesson and brag about today’s learning.

What do they do?

What do the say?

Say aloud: **I totally deserve this! I’m totally worth it!**

 **I am really awesome at what I do!**

Just see that scene. Feel that scene.

Feel it. Name those feelings.

What is the professional benefit?

What is the personal benefit?

 **Priming the Future: Part 4**

**Teacher Reflection about Priming**

1. What were the strongest 2 emotions or feelings you felt in your body during the priming exercise?

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2. Rate how **intense** the feelings or emotions that were evoked,

if 10 is the highest:

\_\_\_\_\_ and \_\_\_\_\_\_.

3. What was the most prominent negative reaction you saw in your imagined class when you announced your deservedness?

4. When you declared your awesomeness, did you hear any inner self-talk react in a critical or skeptical way?

What exactly did it say?

5. What rule(s) of being a hero, an effective teacher do you break when facing your students… behaviors that you thought you would never do as a teacher?

**EMOTION IS THE GATEWAY TO LEARNING**