So, why did you choose to become a mathematics teacher?
Stand Up and Partner Up!

Decide on Person A and a Person B

Get ready!

**Person A**
60 Seconds!

Why did your choose to become a teacher of mathematics?
**Person B**

60 Seconds!

**Why did you choose to become a teacher of mathematics?**

---

"When you know your **why**, your **what** has more impact, because you are walking in and toward your **purpose**"
“I define your heartprint as the distinctive impression and marked impact your heart leaves on others—your students and your colleagues, as your career and your school seasons unfold.”

H Is for Happiness
The Science of Happiness

Happiness is a state of heightened positive emotion.

“[Happiness] increases our emotional and social intelligence, boosts our productivity, and heightens our influence over peers.”

Happiness and …

Compassion is about caring—You mourn the setbacks of others.

Compassion is about support—You cheer on their victories.

Compassion is about love—You do not withhold it.
eudaimonia

(n.) lit. “human flourishing”; a contented state of being happy and healthy and prosperous

pronunciation: U-دو-مون-يا
English / Origin: Greek

Secret # 1: Great Teaching Is Always A Form of Love!

Engaged Teachers Enjoy Personal, Professional Edge

Left to our own devices, we are most likely not to fully engage in our work life.

2013-2017 Gallup Research

What percent of U.S. K–12 teachers do you think are fully engaged in their daily work?
2008–2017 Gallup Research

**Engaged teachers:** constantly look for new and better ways to achieve outcomes

31.4%

(Kanold, HEART! Fully Forming Your Professional Life as a Teacher and Leader, 2017)

2008–2017 Gallup Research

**Not engaged teachers:** satisfied with their jobs, not emotionally connected, and unlikely to devote much discretionary effort to their work

57%

(Kanold, HEART! 2017)

For volunteers, work will not be satisfying unless they can answer “yes” to three critical questions:

1. Is the work meaningful to me personally?

2. Is my emotional energy high or low?
   Do I feel energized or drained?

3. Do I enjoy the people with whom I am serving or volunteering?

Secret #2: Great Teaching Does Not Exist In Isolation
1973!

A Is for Alliances

Collaborating with Colleagues requires transparency in our practice!

“What Are Those Black Boxes?” Ch. 20
**Hold the Mayo!**

**The Mayo Clinic’s Mission and Principles**

The needs of the **patient** comes first.

We will meet those needs through unsurpassed collaboration.

No one is big enough to work independently of others.

The combined wisdom of one’s peers is greater than any individual.

We will use a teamwork approach, share our insights, and take a continuous interest in each other’s growth.

("Mayo Clinic Mission and Values" accessed online at www.mayoclinic.org/about-mayo-clinic/mission-values)

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**Hold the Mayo!**

**The Professional Teacher’s Mission and Principles**

- The needs of the **student** comes first.
- We will meet those needs through unsurpassed collaboration.
- No one is big enough to work independently of others.
- The combined wisdom of one’s peers is greater than any individual.
- We will use a teamwork approach, share our insights, and take a continuous interest in each other’s growth.

---

**Who Do You Really Want to Hang Out With?**

Nobel Prize-winning economist Daniel Kahneman’s list of people we most desire to socialize with in a more **mutually nourishing** way:

1. Friends, then relatives
2. Spouse or partner, then children
3. Students or parents, then coworkers or colleagues
4. Then ... your **boss**

**Secret #3: Great Teaching Is Built on Professional Growth Through Friendships –Forever!**
Sleep longer to get more done!

The best performers sleep 8 hours and 36 minutes a day.

By comparison, the average American gets 6 hours and 51 minutes on weeknights...

Tom Rath (2013) in Eat, Move, Sleep, tomrath.org

Too much time in QI or QIII will send you into QIV.

Full Engagement and Eudemonia!

Negative Energy Low Energy High Energy Positive Energy
Quadrant III High Negative
Angry
Fearful
Anxious
Defensive
Quadrant IV Low Negative
Depressed
Exhausted
Burned out
Hopeless
Defeated
Quadrant I High Positive
Helpful
Hopeful
Joyful
Connected
Confident
Quadrant II Low Positive
Reflective
Serene
Relaxed
Tranquil
Peaceful

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Secret #4: Great Teaching Resides In A Balanced Life!

If your fundamental goal is to seek external balance then you have aimed too low.

INTERNAL BALANCE IS THE KEY TO WELL BEING.

Quadrant II Time Required!

Becoming fully engaged in Quadrant I while strategically engaging in Quadrant II activity …

Only you can know what this is for you.

Pursuing Internal Balance

What is your Quadrant II activity?

I'd rather be in QUADRANT II
Secret #5: Great Teaching Seeks Social Justice

Think of the culture of your school as a garden... A strong culture of continuous improvement needs constant attention and nurturing.

I don’t know how much time I can be on this journey with you, but I know you are the greatest generation of American educators and you can carry on this challenge.

Yours, Mine, and Ours!

“So much of America’s tragic and costly failure for all of its children stems from our tendency to distinguish between our own children and other people’s children ...

... as if justice were divisible.”

What’s Your Heartprint?

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Heartprint
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