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RESTORING HOPE AND WELL-BEING TO CHANGE LIVES
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- Occupational
- Emotional
- Physical
- Financial
- Spiritual
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OCCUPATIONAL

EMOTIONAL

PHYSICAL

FINANCIAL

SPIRITUAL
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OCCUPATIONAL

EMOTIONAL

PHYSICAL

FINANCIAL

SPIRITUAL
What is occupational wellbeing?

- The keys:
  - Professional community
  - Set boundaries
What is emotional wellbeing?

- The keys:
  - To experience and appropriately express emotions
  - Practice extending and requesting forgiveness
What is emotional wellbeing?

- Three myths about forgiveness
  - I can’t forgive them because they won’t admit to wrongdoing.
  - I must forgive and forget.
  - If I’m forgiving them, I’m just asking them to hurt me again.
What is financial wellbeing?

- The keys
  - Identify external factors that impact your relationship with money.
  - Identify internal factors that impact your relationship with money.
What is spiritual wellbeing?

- The keys
  - Link decision making with life values.
  - Share life with like-minded individuals.
What is physical wellbeing?

- The keys
  - Practice good nutrition.
  - Get 20 minutes of exercise a day.
  - Sleep well.
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How well are you?
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Recommendations for occupational wellbeing:

- Reach out to a colleague that is struggling. Listen.
- Attend a professional development.
- Clear the air with a colleague.
- Congratulate a colleague.
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Recommendations for occupational wellbeing:

- Practice utilizing your colleagues as a resource.
- Discuss your evening routine with your family. Ask for their help creating boundaries.
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Recommendations for emotional wellbeing:

☐ Ask for feedback: how well do I do emotion?

☐ Reflect on your family of origin experience: what was modeled?

☐ Forgive someone.
Recommendations for emotional wellbeing:

- Request forgiveness.
- Forgive yourself.
- Litmus test for counseling: I’m stuck.
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Recommendations for financial wellbeing:

- Establish accountability.
- Reward yourself for self-discipline.
- Explore your family-of-origin experience with money.
Recommendations for financial wellbeing:

- Talk to someone who makes more and someone who makes less than you.
- Give!
- Watch and episode of Hoarders on Netflix.
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Recommendations for spiritual wellbeing:

- Prioritize spending time with others who share your value system.
- (Re) evaluate how your role as a teacher overlaps with your value system and calling.
Recommendations for spiritual wellbeing:

- Write yourself a letter reminding yourself why you chose to enter education, include the hopes you have for your investment in your calling.

- Keep a “Calling Journal.”
Recommendations for physical wellbeing:

- Find a workout partner!
- Consult with a nutritionist to create a daily nutrition plan.
- Practice effective sleep hygiene.
- Watch *Fat, Sick and Nearly Dead*
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I will...