



Transforming the Emotional Load

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Supporting Educators, Transforming Lives

Expectations vs Realities – Making Accurate Attributions

What is “Real”? Is it? Are you sure??

Do I know this to be true?

- “I am expected to get feedback to all pupils everyday”
- “I have to be successful and perfect in everything I do...”
- “Otherwise.....”
- “I am not good enough.”
- “I let my pupils down.”

What is more resourceful instead?

- “I am expected to show up online everyday and add value to the learning. Some pupils will benefit at this time; others may not, as I see it”
- “I want to do the best that I can so I can sustain my efforts each week.”
- “I am always good enough when I focus on the right priorities.”
- “What evidence do I have that support my pupils?”

What Stories are Supporting Our Wellbeing ...or not?



Stories.
Connect.
People.

What stories do you notice that you tell yourself about work before lockdown?

What stories do you notice that you tell about your work now, during lockdown?

Do you notice any similarities? Differences?
What is resourceful for you?

What do you notice about how these “stories” are making you *feel*?

Making Changes to Our Stories Takes Noticing & Focus on Our Inner State

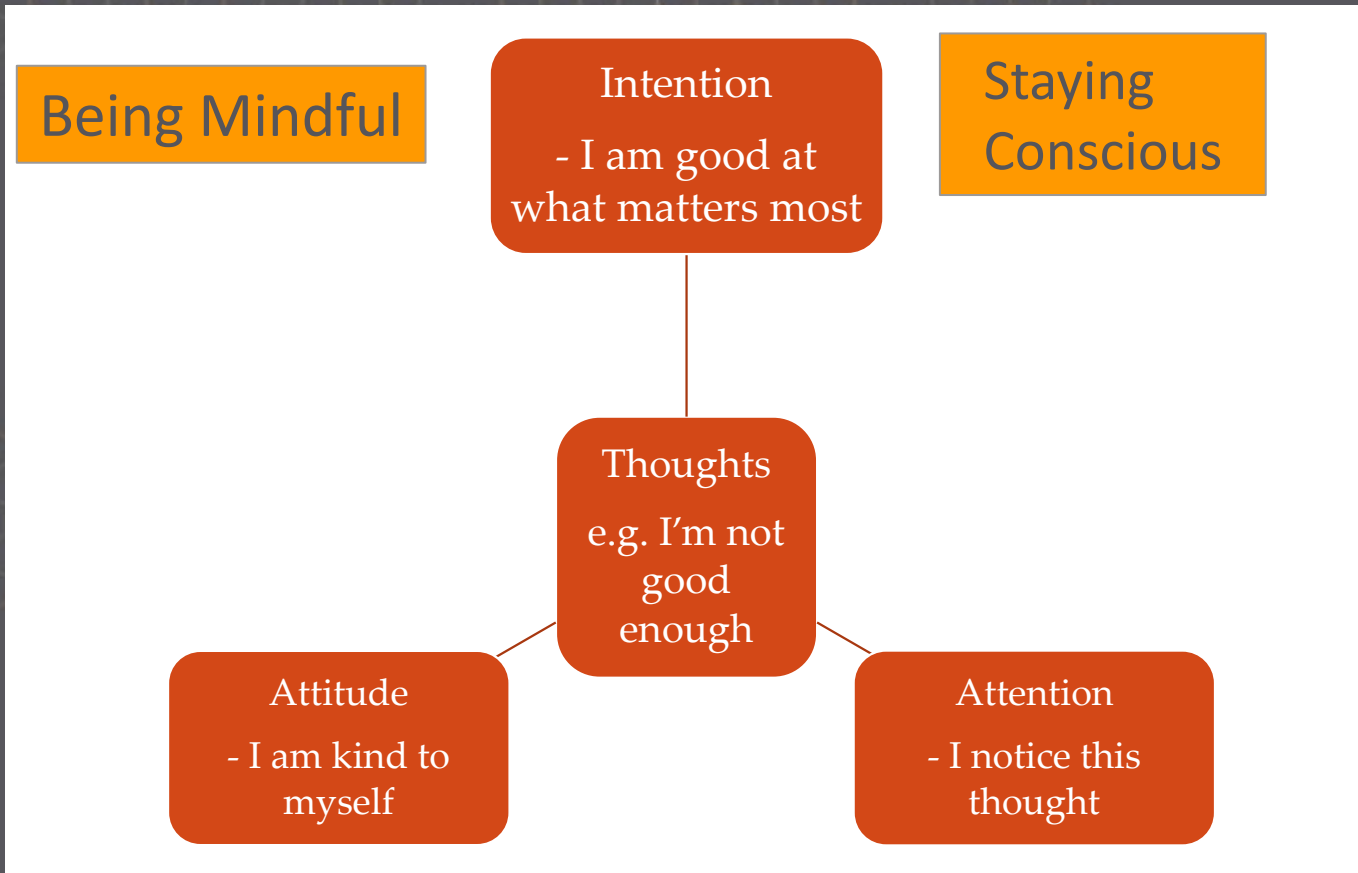


Story 1 – “Life is a struggle. You have to work hard to be successful and even that is not always a guarantee.”

Versus

Story 2 – “Life flows easily for me and I often find that success comes to me without making huge effort.”

“What We Practise Grows”



Habits of Thought – Noticing as a helpful strategy...

The Inner Game - Whitmore

“We have a measure of choice and control over what we are aware of, but what we are unaware of controls us.”

- Sir John Whitmore



- **Awareness of Self and Other**
 - Who am I?
 - What matters to me? To us? To others?
- **Responsibility**
 - Making the choices that will be best for me now and in the long-term
- **“Shedding the baggage”**
 - Getting rid of old beliefs and habits

- What do you have control over during this crisis?
- What old beliefs, fears, habits are re-surfacing at this time?
- What might you like to let go of?

Self-talk – We are run by stories....



“Typical! I always get it wrong!”

“I’m no good at teaching P.E. I never could do it properly at school.”

“If I practise and make some effort, I can improve.”

Brain does not know the difference between what is real and what is imagined.

Brain hard-wires information

Brain needs to make new neural pathways to “re-set” old, unhelpful messages.
New self-talk



nce Upon
a Time

The End

**Stories.
Connect.
People.**

Belief Table – Tony Robbins



Belief - I am no good at teaching online.

Others are much better than me.

I can't get the IT to work when I need it.

I am getting so little feedback from my pupils.

I am just not technologically minded.

Coaching With Compassion – Richard Boyatzis



Creating a Personal Vision - Two Circles Exercise



2. BEFORE....

What has my story been?
How did I feel?
Where did I feel “stuck”?

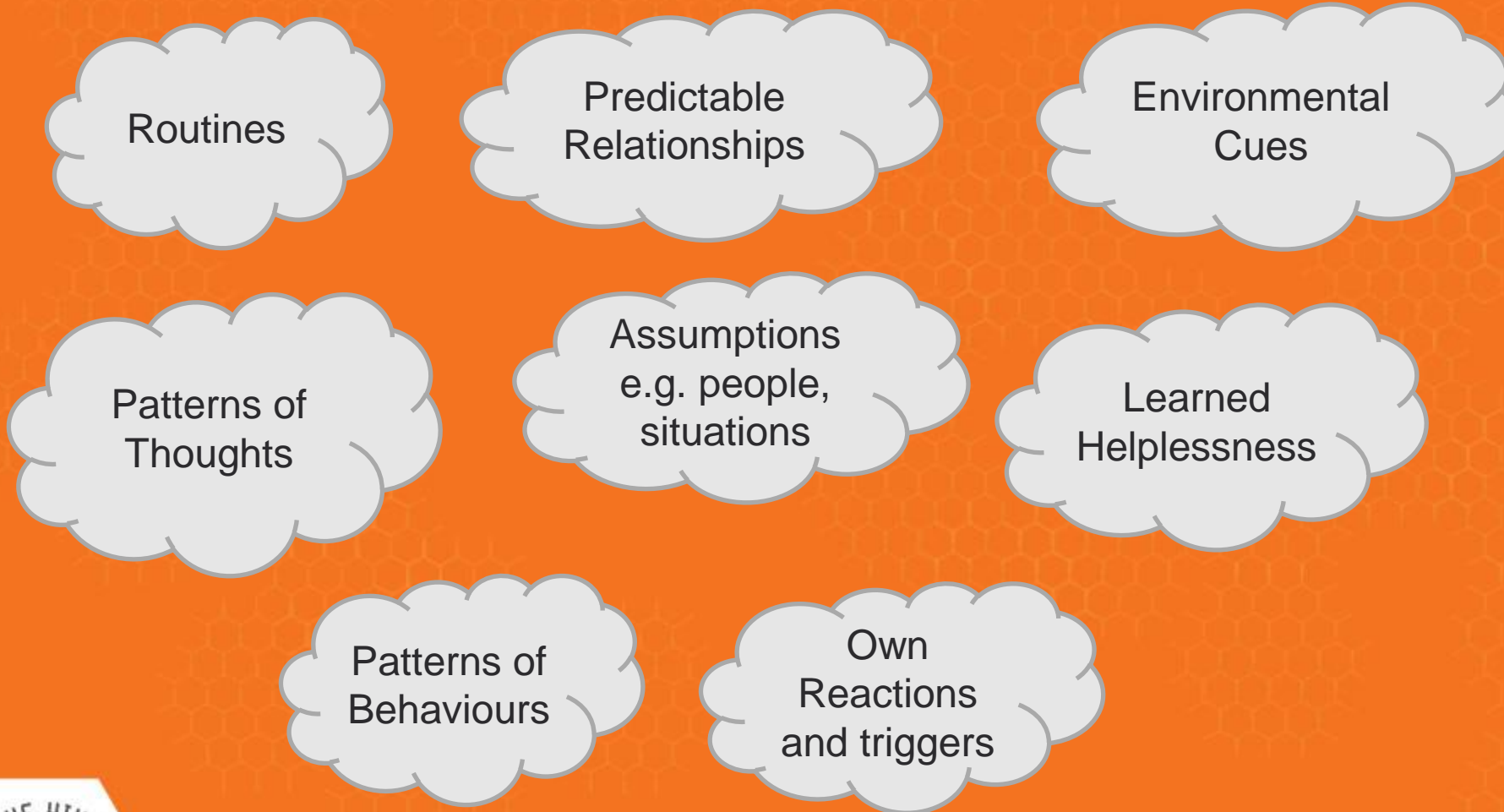
3. MY STEPS...

What do I now need? My new story? My new awareness?
What can I do to achieve this?

1. OUTCOME/VISION

What are the new possibilities for work?
How do I want to feel?
What would I want to do about this?

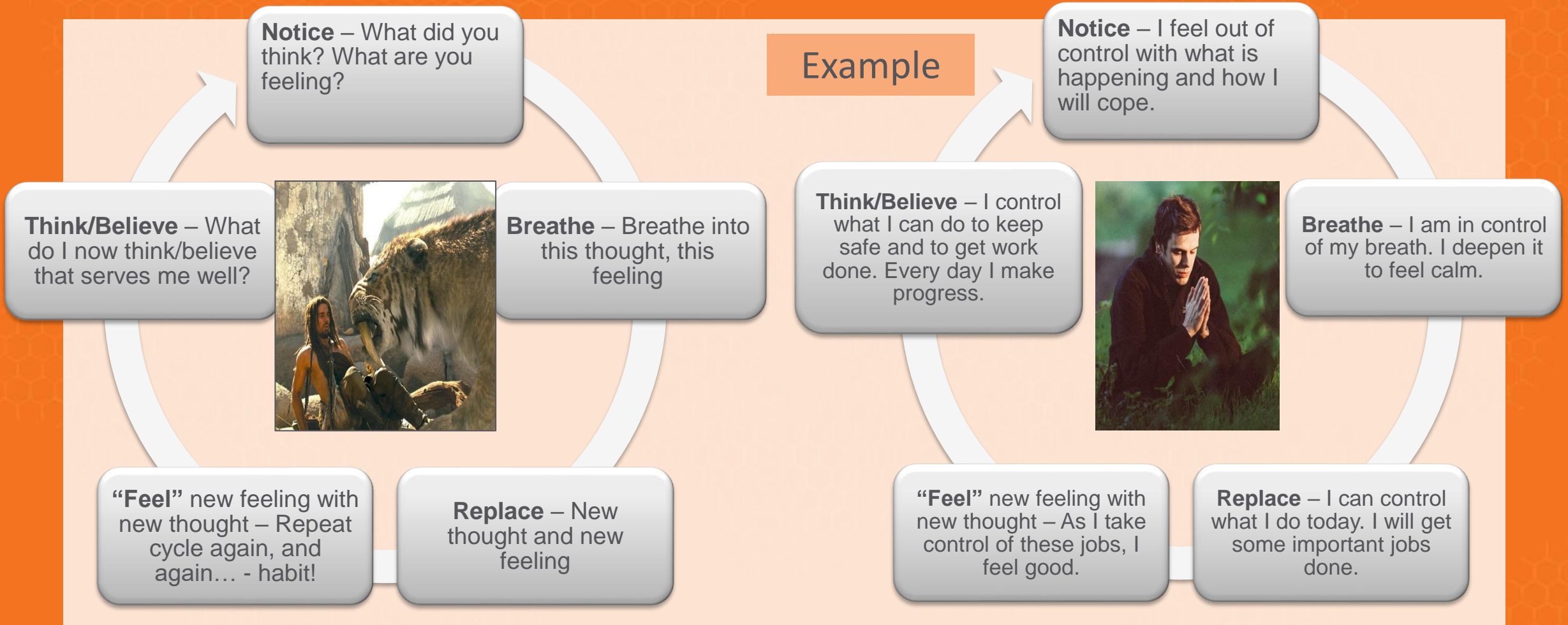
Habits - “Plugged Into The Past” – Dr Joe Dispenza



Doing It Differently:

- Choose something from the left
- What do you notice about how you always do it?
- What would it take to do it differently?
- What would you need to do to change this?

Following the body's wisdom.... Creating new patterns...



The Worry Habit – Doing It Differently?



Causes:

- Triggers – conscious, less conscious
- Worrying sustained when we try to suppress them – “Don’t think of the pink elephant!” idea
- Rumination – focused on “why” rather than “how”



Strategies to Reduce Worry:

- Reframe – “Worrying keeps me safe. I can focus on other thoughts that make me feel good.”
- Accept and acknowledge – “Worry thoughts have arrived.”
- Thoughts are not facts
- Redirect - “What can I see, hear, feel, taste, smell in this present moment?”
- Meditation/Mindfulness

Narrative Therapy Approach - Anxiety



Internalising

- How long have you been anxious?
- How did you get to be an anxious person?
- Why do you think you are such a worrier?
- Does being anxious run in your family?
- What does being a worrier tell you about the kind of person that you are deep down?

Externalising

- When did anxiety first come into your life?
- What has happened that might have made you vulnerable to the influence of worry?
- What does worry try to get you to believe about yourself?
- Are there tricks and tactics that anxiety uses to try and influence you?
- In which situations is anxiety most likely to try to take over?

Externalise the Worry



- Personify the worry
- What does it look like? How big? Colour? Shape? Gender?
- What would you call it?
- If the problem was a person, what would you call it?
- How does the worry speak?
- How does it have you feeling?
- What would you like to say to this person?

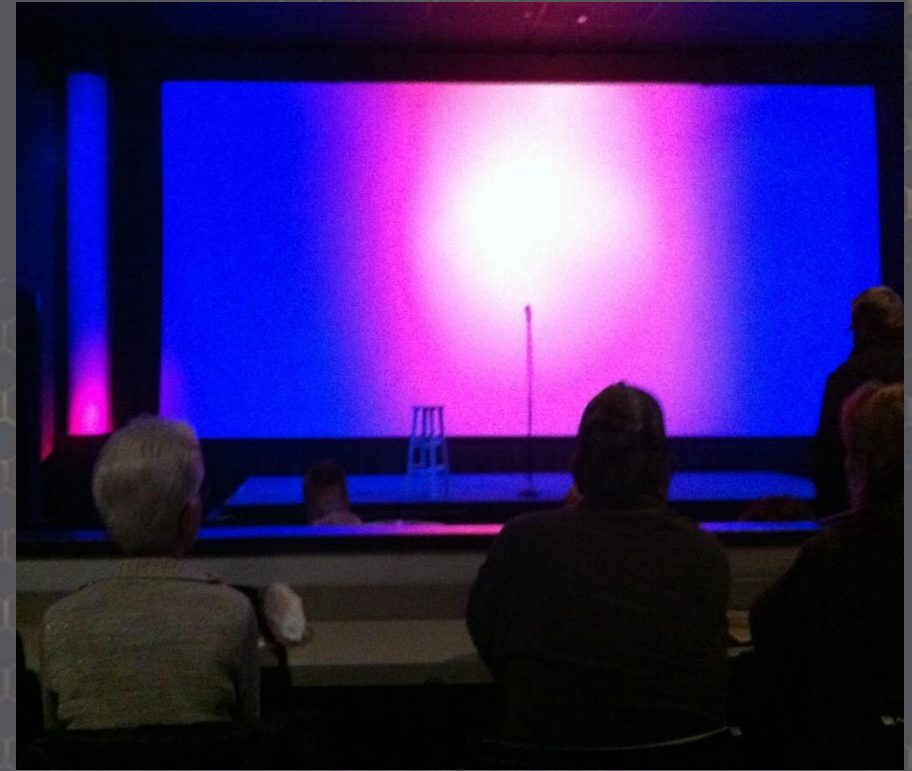


NLP Approaches to Transforming Emotions – Using The “Theatre of the Mind”

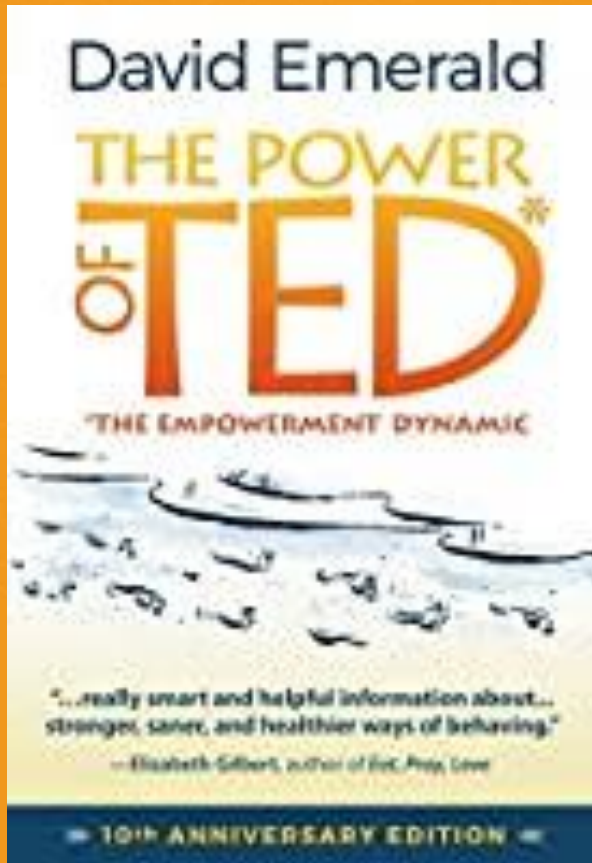


Neuro-Linguistic Programming Approach

- Bring the metaphor of the emotion onto “the screen.”
- What does it look like? What can you change about its appearance so you have control?
 - Is it moving or still?
 - Colour or black and white image?
 - Surrounded by a frame or open?
- What does it sound like? What can you change about its sound so you have control?
 - Volume? Loud or quiet? Can you turn it down to silent?
 - Tone? Soft? Harsh? What is best for you?
- How does it make you feel? What can you change about this so you have control?
 - Reduce its size? Push it away into the corner? Use the remote to switch it off? Leave it in this theatre as you visualise walking away and locking the door?



The Story of TED – David Emerald tells the fable of meeting a man called TED.



In this story, David describes his experience of life and his most recent experiences with relationships and family. He meets a gentleman, “randomly” called Ted who speaks to him about the story that David continues to tell himself and others about his life.

Ted leads David to a new way of understanding his life, or at least, the story of his life. Core to his message is that the way that you talk about your life and your experiences shows up day-to-day. Our thoughts create filters through which we experience and view our life.

By taking David on a journey, Ted provides him with a method to make enduring positive changes and a permanent shift in mindset for his life and wellbeing.

What is Your FISBE? – Try this now and later today...



F – FOCUS

What am I focused on in this moment?

What happens when I change my focus?

IS – INNER STATE

What emotions am I experiencing as I focus on this particular item/thought/situation?

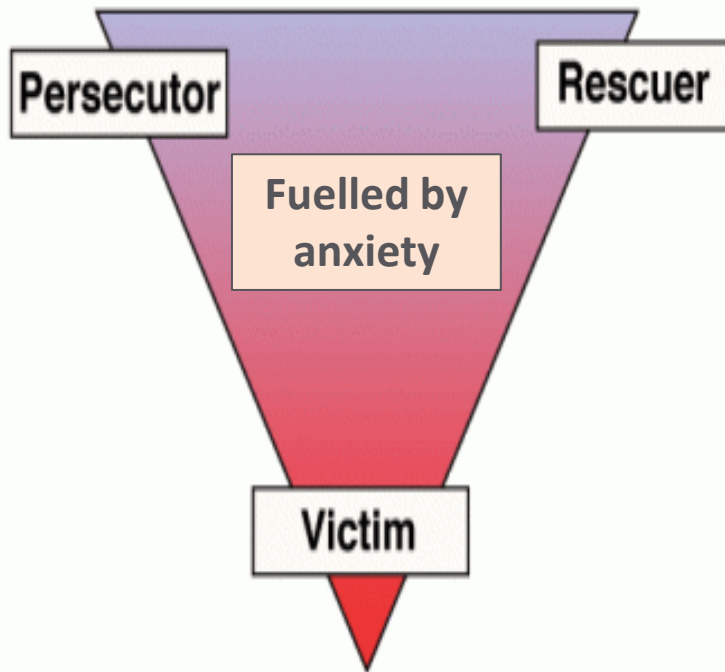


BE – BEHAVIOUR

How am I behaving as a result of feeling this way and having this as my focus?



The Drama Triangle - Karpman



The Persecutor – a.k.a The Villain

- Blames others
- Exerts controlling behaviours
- Critical, oppressive, angry
- Authoritarian and rigid approaches

The Rescuer – “Let me help you!”

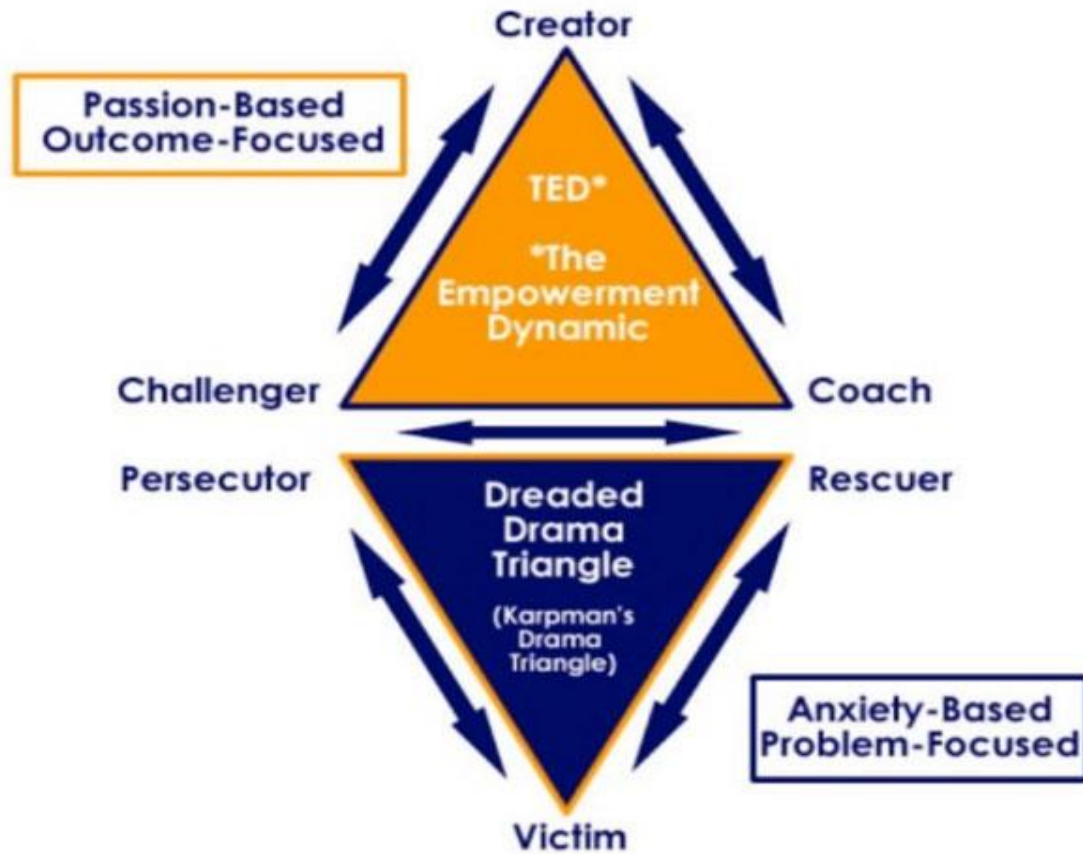
- Enabler of Victim but negatively so
- Keeps Victim dependent so focus off themselves
- Uses role to avoid own problems

The Victim – “Poor me!”

- Feels helpless, hopeless, powerless and ashamed
- Unable to make decisions, solve problems or take pleasure in life.
- Seeks out a Persecutor and a Rescuer to perpetuate negative feelings

The Empowerment Triangle - Emerald

David Emerald's TED* (*The Empowerment Dynamic) triangle provides an alternative to the Karpman Drama Triangle



Role of Creator:

- Driven by passion, learning, growth
- Life stance – we have choices
- Envision outcomes

Role of Challenger:

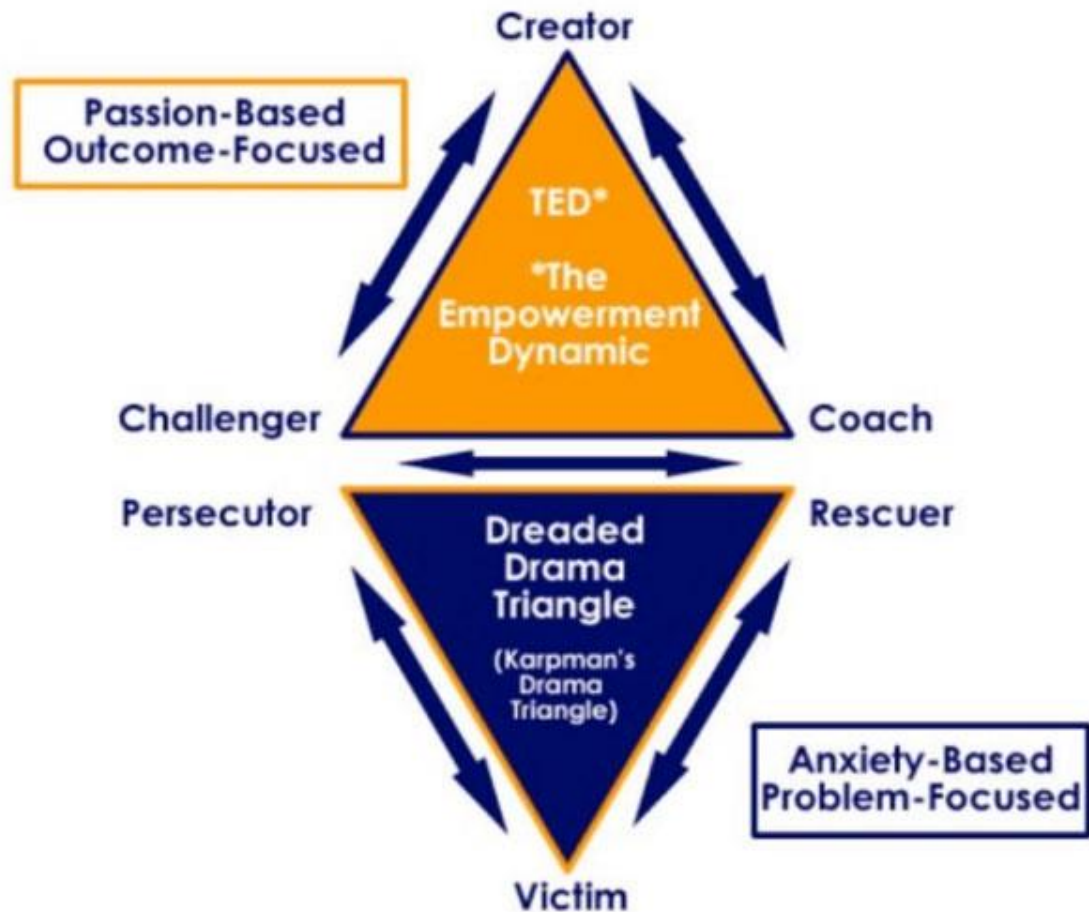
- Person, Circumstance, Condition
- Ignites learning, growth, development
- Conscious constructive challenges from a place of sparking learning

Role of Coach:

- Assess current reality and how Creator is responding
- Facilitate the Creator's creation and realising of outcomes

Passion energises the whole process.

David Emerald's TED* (*The Empowerment Dynamic) triangle provides an alternative to the Karpman Drama Triangle



- Where do you mostly operate from at this time— anxiety or passion?
- What is at the root of any anxiety? What are you passionate about? What's your mission now?
- When do you feel like a “victim”? How can you become a “creator”?
- When do you feel like a “rescuer”? How can you become a “coach”?
- When can you behave like a “persecutor”? How does this feel?
- How can you “challenge” effectively?

What lies ahead? What are the possibilities?



It may be challenging to even begin to conceive of the future, but hope is a necessary value as an Educator and here are a few thoughts to consider:

- What will now support you to be a CREATOR of your emotional experiences?
- What do you need to become the teacher you want to be?
- How will you ensure that you create space and time to reflect on your own personal emotional journey and where you can recognise that insights, shifts and transformations are taking place?



“Hope is passion for what is possible” - Kierkegaard