



EDUCATOR WELL-BEING

Featuring Utah First Lady Abby Cox

presented by **WGU** 

From Principles to Practice Podcast

This podcast is brought to you by Utah First Lady Abby Cox and Western Governors University Senior Vice President and Executive Dean of the School of Education Dr. Stacey Ludwig Johnson, facilitated by Marty Carpenter of Northbound Strategy. This limited series focuses on supporting teachers nationwide by providing strategies, resources, tips, and tools. Expert special guests join each episode. Included with each episode are reflective questions made available as downloadable PDFs to help expand educator expertise.

Reflective Questions: Episode #2 Thriving Teachers, Schools, and Communities

In this episode, the hosts are joined by Amelia Azul-Elgas, learning experience designer/online community engagement specialist on the Healthy Learning team in WGU's School of Education. Together, she and the hosts explore the character traits that can help create environments where teachers and students thrive. Azul-Elgas talks about taking a research-based, character-focused approach that contributes not only to the well-being of the teacher, but also to the classroom, school, and the community it serves.

We encourage a regular cadence of self-reflection with these questions, continuously looking for room for growth and cause for celebration. You may re-engage with episode #2 [here](#).

Self-Awareness:

- Starting with yourself and working out toward your community, ask: What do I need to thrive? First, what do I need to thrive personally? Next, what do I need to thrive professionally?
- What is my noble purpose or "why" for being an educator? What drove me into this profession with passion and purpose? How can I keep that fire going?
- What character qualities are essential for me in my work as an educator? Which are my natural skills and superpowers that I can lean into? Which ones do I want to focus on building or enhancing?
- How does this align with my school's mission and values?
- How can I integrate character into my day to support my thriving, my students' thriving and my community thriving?

Self-Advocacy:

- How can I connect and collaborate with my colleagues so that we can share this work together and inspire and uplift each other?
- How can I connect with my administrators and leaders around this work and engage them for their support?
- How can we create a shared ownership model connecting with our community around this character-driven work for the collective strength of our school?

Community Engagement:

- How do I involve various members of the community to develop this work?
- How do I encourage student inclusion, voice, and involvement every step of the way?
- How can I use character traits to encourage strong relationships and good communication with my students' parents and caregivers?
- What can I do to help ensure this character and thriving work flourishes in my classroom by leveraging the collective strength of the community including students and parents?
- How can a team of us perform a gap analysis to see what exists right now to support this work, and where we need to find additional resources?
- How can we learn from others, i.e., partner schools and higher education, to accelerate our learning and effectiveness?