

**Title of Session:** Teacher's Learning Coach

**Moderator:** Lynne Wolters

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Room: TLC Group

**LynneW:** Andrea, what brings you to this session? What are you hoping to "take away" from today's session?

**AndreaMM:** Well to be honest we have to attend a session for our class...I'm currently going for my masters

**AndreaMM:** and I read up on this session and it sounded really interesting

**AndreaMM:** I'm not really sure what to expect

**LynneW:** That is just fine.

**LynneW:** Have you attended any other sessions in Tapped In before?

**AndreaMM:** just the tips and tricks one

**AndreaMM:** just the other night

**LynneW:** It is nice to have you here. You are warmly welcomed.

**LynneW** smiles

**AndreaMM:** thank you very much!

**AndreaMM:** I'm happy to be here

**LynneW:** What university is your program from?

**LynneW:** Do you currently have a teaching assignment?

**AndreaMM:** the college of Staten Island in New York

**AndreaMM:** no I'm currently doing student teaching

**LynneW:** Cool. We are holding down both coasts. I come to you from Vancouver, WA

**LynneW:** What grade level are you student teaching?

**AndreaMM:** oh wow!

**AndreaMM:** I'm in 4th

**AndreaMM:** Did you guys get a lot of snow?

**LynneW:** 3rd grade was my favorite.

**AndreaMM:** why?

**LynneW:** Not here. We have been unseasonably warm and dry.

**LynneW** waves good bye

**BjB:** Andrea, you can just ignore that announcement

**AndreaMM:** I wish it was that way over here!

**BjB** . o O ( you're in the right room )

**AndreaMM:** ok thank you

**LynneW:** I bet you and the snow shovel are permanently attached.

**LynneW** chuckles

**AndreaMM:** hahaha

**AndreaMM:** yupp pretty much

**AndreaMM:** good thing we have a snow blower!

**AndreaMM:** makes things a lot easier!

**LynneW:** Really, we have so much sympathy for you.

**AndreaMM:** and definitely easier on the back!

**LynneW:** Snow blower makes a lot of sense.

**AndreaMM:** yes definitely!

**AndreaMM:** especially this winter!

**LynneW:** Let's begin our session. I don't see anyone in reception looking for us.

**LynneW:** My name is Lynne Wolters.

**AndreaMM:** ok sounds good

**AndreaMM:** I'm Andrea Meise

**LynneW:** I have just begun this special interest group.

**LynneW:** I am a former professor of educational technology and now work as a life coach.

**AndreaMM:** very nice!

**LynneW:** I also facilitate the "Web 2.0 Tools for Schools" group, meeting tonight from 5-6 pm PST

**LynneW:** If you have the time that will be a fantastic session for you to attend.

**AndreaMM:** what is that one about?

**LynneW:** I provide a series of links to free online resources for teachers.

**AndreaMM:** oh wow!

**AndreaMM:** that's awesome!

**LynneW:** We visit each one and brain storm how each resource could be used effectively for classroom, professional development, or work management.

**AndreaMM:** I'm definitely going to have to try to make that

**AndreaMM:** is it any other night other than tonight by any chance?

**LynneW:** Nope. Once a month and tonight is the February session.

**LynneW:** This is our first Teacher's Life Coach session.

**AndreaMM:** oh man...tonight is going to be difficult but I'll definitely going to have to look into it for March!

**LynneW:** Working in higher education for nearly two decades, I know how difficult Spring can be for teachers.

**LynneW:** As a life coach, I work with individuals in the midst of personal and/or career transition.

**AndreaMM:** that's pretty good....

**LynneW:** Often, this involves creating a new clarity, a catching up with oneself, and rebalancing life and life goals.

**AndreaMM:** when I graduated college, I started working in the city and I was miserable....

**AndreaMM:** made me change my mind about what I wanted to do and now I'm back for education and will be done next year!

**LynneW:** In the midst of the demands of work and life, it can be difficult to find/make the time to both reflect, identify, and implement these necessary adult development mileposts.

**AndreaMM:** that sounds like it is very rewarding

**JenniferMa** joined the room.

**JenniferMa:** Hello!

**LynneW:** Thus, the life coach becomes a catalyst and an accountability partner.

**LynneW:** Hello Jennifer.

**LynneW:** Welcome!

**AndreaMM:** hello Jennifer

**LynneW:** Let's do some self introductions. Tell us where you are from and, if you are teaching, what grade level and or content area you are teaching.

**JenniferMa:** Jennifer Maldonado school counselor from San Diego Texas

**LynneW:** My name is Lynne Wolters. I live in Vancouver, WA and am a former professor of ed tech and life coach.

**AndreaMM:** Andrea Meise student teaching 4th grade New York

**LynneW:** Jeff do you want to chime in?

**LynneW:** Jennifer, I was just explaining how this new group was conceived.

**JenniferMa:** ok

**LynneW:** This is our very first session.

**JeffC:** I'm in Forest Grove Oregon... on Helpdesk here... lagging...

**LynneW:** Glad to have you here Jeff.

**JenniferMa:** so, how does a life coach affect teachers

**LynneW:** In the two decades I have taught in higher education, educators are in need of support that life coaching can provide.

**LynneW:** Often this involves creating a new clarity, a catching up with oneself, and rebalancing life and life goals.

**LynneW:** Life coaching is future looking.

**JenniferMa:** that's so true. I can see that in our new teachers and for the veteran teachers.

**AndreaMM:** Do you mean how the stress catches up to you in a way?

**JenniferMa:** I can see that I would need a life coach especially because I have a family and husband

**LynneW:** This is work I have done in the past. I spent 10 years working with physicians, counselors, and psychiatrists as an adjunct to their practices.

**LynneW:** I work with individuals within the context of their own lives.

**JenniferMa:** Yes, I feel that stress sometimes out rules my life especially financially.

**LynneW:** Stress and the ability to see "light at the end of the tunnel" (or not) is a major reason for many to begin thinking about life coaching.

**LynneW:** I have posted to some documents here in our group room. One in particular is something I offer my clients. It is the Wheel of Life.

**JenniferMa:** good point. I think it is all in the way you "handle" situations that may rise whether its family or work.

**JenniferMa:** I will look into it. thanks

**LynneW:** It is a good way to identify where your time and energy and stress are aligned.

**LynneW:** Then, you can redo your life wheel to visualize how you want to rebalance your life moving forward.

**AndreaMM:** yes I'm always interested in reading such documents

**LynneW:** It doesn't happen overnight but you can't get there if you don't know where you are going.

**AndreaMM:** that is very true!

**JenniferMa:** yes

**AndreaMM:** takes time to work it out kind of?

**LynneW:** Feel free to open the document now and have a look. It is seeded with information as an example.

**LynneW:** Yes Andrea. Particularly because we are habituated to what is and has been happening.

**LynneW:** Changing patterns is like working a slack muscle.

**JenniferMa:** is that like taking a look at the good things in life rather than the bad.

**LynneW:** You need to build it up until it is used automatically.

**LynneW:** Life coaching becomes very specific very quickly Jennifer.

**LynneW:** First, you look at the categories within the Life Wheel.

**AndreaMM:** that's a good analogy

**LynneW:** You make an assessment of their appropriateness to your life.

**LynneW:** Change any categories or add additional ones (hopefully not many) as needed.

**SharonTo** joined the room.

**LynneW:** Say you currently spend 65% of your time working, grading, and doing other work-related activities.

**LynneW:** Perhaps you would prefer to rebalance your life and reduce that to 45% and you want to increase exercise and health by the 20% you have reduced work by.

**AndreaMM:** but what happens if u need that 65% to get it finished>?

**SharonTo:** try the steam room for a while.

**LynneW:** Once you have rebalanced your Life Wheel, then we set tangible goals with strategies to get you there.

**AndreaMM:** gotcha

**LynneW:** Andrea, then we would look at other ways to work smarter, rather than harder.

**JenniferMa:** Ok, I tried to open the life wheel but I don't have word 07 on my computer.

**AndreaMM:** nice...I like that!

**LynneW:** We might also look at reviewing if your workload is reasonable.

**LynneW:** You might actually need to begin setting limits on the "other duties as assigned" all teachers catch.

**SharonTo:** maybe we need to look at all we do and see what is necessary.

**JenniferMa:** that's true

**JeffC** joined the room.

**LynneW:** Jennifer, I'll upload a lower Word version and post it here at the end of the session.

**JenniferMa:** okay thanks

**LynneW:** Sure

**AndreaMM:** that would be great....I'm having trouble opening it as well

**LynneW:** For new teachers in particular, the first couple of years are so very intense.

**LynneW:** It can be hard to see when you don't need to keep striving so hard.

**LynneW:** It becomes habit when you go from college to grad school to teaching.

**SharonTo:** But if you have been out of the field for a while it is like starting over.

**JenniferMa:** Yes I see that in our new teachers they get so overwhelmed and they end up not teaching the following year

**LynneW:** Usually, rebalancing life is needed at that point.

**LynneW:** Teachers at mid-career may want to have coaching around career changes. Waiting too long can be very difficult because of vested retirement accounts.

**AntoinettR** joined the room.

**LynneW** waves to Antoinette

**JenniferMa:** I went from college to teaching to grad school to parent to school counselor to

parent again and finally back to grad school

**LynneW:** Jennifer that is intense - big time.

**LynneW:** Antoinette, please introduce yourself.

**LynneW:** Where are you from and do you teach?

**AndreaMM:** I agree...that is a lot to take on

**AntoinettR:** Hi I was looking for the Teacher's Life Coach session. I am a teacher

**SharonTo:** I've come back after layoff from Gm and find the catch up work hard and confusing.

**LynneW:** You found the session. Welcome.

**LynneW:** Sharon - I'm sorry, I didn't "see" you come in.

**AntoinettR:** thank you

**LynneW:** Welcome.

**LynneW:** Let's quickly do self-introductions. Tell us where you live and what grade level you teach.

**AntoinettR:** Sorry I'm late. Still at work . Loads to do . you know how it is

**SharonTo:** I've been reading, had trouble getting in.

**LynneW:** My name is Lynne Wolters. I am a former professor of ed tech and life coach and live in Vancouver, WA

**LynneW:** No problem.

**JenniferMa:** I bet its cold over there

**LynneW:** Please introduce yourselves.

**SharonTo:** we have enough snow here in Ohio to last for 10 years.

**AndreaMM:** Andrea Meise New York student teaching 4th grade

**LynneW:** Thank you Andrea.

**LynneW:** Sharon, where in Ohio are you from and what grade do you teach?

**AntoinettR:** I am a basic skills teacher of elementary education students in New Jersey. I cover grades 1-2. I am pursuing a masters degree in educational technology. I am 4 months away from graduation

**JenniferMa:** Good for you.

**SharonTo:** I'm returning to school in technology because to even sub you've got to know technology.

**AndreaMM:** very nice...congratulations!

**AndreaMM:** I agree!!!

**LynneW:** I love ed tech!

**AndreaMM:** especially with these SmartBoards that they have now!

**LynneW:** I want to sidebar here to advertise my next session today. It is "Web 2.0 Tools for Schools".

**LynneW:** We meet in that group room from 5-6 pm PST.

**LynneW:** Lots of free tech resources.

**SharonTo:** only problem with going back to school after so many years away, is that I don't know the language of the field.

**AntoinettR:** As an up and coming technology facilitator I would like to investigate different online resources for my teachers. A place where they can go to receive professional development. This looks like the perfect place at Tapped In.

**LynneW:** Tapped In is a warm and welcoming professional development community.

**SharonTo:** Atomic learning is also a good place to use.

**LynneW:** I began here years ago - I took all my graduate Pepperdine ed tech courses here in Tapped In.

**AndreaMM:** I agree...this is only my second session and I love coming back!

**LynneW:** I just never left because of the community.

**AndreaMM:** I feel very welcomed!!

**AntoinettR:** Oh my God I've heard of that. Our last tech facilitator tried to get everyone to use Atomic learning but I don't think any of us understood what it was

**AntoinettR:** My professor took courses at Pepperdine. Do you know her. Laura Zieger ??

**LynneW:** Sharon, I certainly understand the language barriers. Education, like many industries, has a lot of content specific labels.

**SharonTo:** our class at wsu is required to test it for class work.

**LynneW:** No, sorry.

**LynneW:** So, let's move back to our life coaching session.

**LynneW:** Do you have questions?

**LynneW:** Comments?

**AntoinettR:** Great , what are we discussing ?

**LynneW:** Observations?

**LynneW:** We have been discussing why life coaching benefits teachers, including specific career and life balance benchmarks.

**SharonTo:** I hate them. How can you judge someone's ability to teach just by watching a few days?

**AntoinettR:** Well I just recently joined my districts tech team and we are working diligently to come up with resources for our teachers so that they receive enough technological support.

**LynneW:** It sounds like you mostly want to discuss ed tech.

**LynneW:** I can "do" ed tech until the cows come home but this is a life coaching session.

**AntoinettR:** that's okay just point me in the direction of your discussion LOL

**LynneW:** If you decide that there is no need to go further with the life coaching, I'll pack it away and you can join me in the "Web 2.0 Tools for Schools" group room. There are hundreds of resources posted there.

**LynneW:** I'm here to serve you.

**SharonTo:** how do I get to the web2.0 room

**AntoinettR:** Oh I actually already planned to attend that session as well but I am interested in what you are discussing here as well

**LynneW:** OK - let's continue here for a bit longer.

**LynneW:** Now is a good time to ask any questions you may have about life coaching, career transition, work - life balance

**LynneW:** Specific stresses within the teaching profession.

**AntoinettR:** The one and only life skill that keeps me updated on educational innovations is organization.

**LynneW:** An organization or your own productivity organization?

**AntoinettR:** Being organized can actually wipe out so many other issues that one may have

**LynneW:** I see.

**LynneW:** Please feel free to download the Life Balance Wheel document. It is located on the group room desktop.

**AntoinettR:** Yes that's true. One can be organized and still not be moving towards productivity

**AntoinettR:** so can you elaborate on productivity organization

**LynneW:** Often "delight" in teaching runs dry and/or there is little "play" left in your days/nights.

**LynneW:** Life coaching is a tool for personal "coaching" to identify what is needed or how you want to create your own life moving forward.

**LynneW:** We work together to identify goals and strategies to get you there.

**LynneW:** Use the Life Balance Wheel as a visual tool to see how and where you spend your time now. Use it again to create an "Aspirational" Wheel that rebalances and reflects what you want to create in your life.

**AntoinettR:** You have to put extra time into it ( lesson planning and preparing materials). You really have to seek out topics that are going to interest not only the kids but you too. You can put your own excitement in it to keep that "delight".

**AndreaMM:** that's a good point...I find that difficult

**AntoinettR:** There are ways to keep it interesting for yourself

**LynneW:** I am going to step away for a couple of minutes to resave the wheel document as a .doc file. BRB

**AndreaMM:** thank you

**AntoinettR:** If the "delight" in teaching runs dry there are many things that teachers can do to keep a positive atmosphere. Many teachers rely on the companionship of buddy teachers. They plan special events together. Sometimes when you correlate efforts with others it maintains the fun.

**AndreaMM:** this is true...everything is easier when u have someone to go through it with

**SharonTo:** I always tried to let the students do more for themselves

**LynneW:** OK - the document has been uploaded.

**LynneW:** Thank you to each of you for coming today.

**AndreaMM:** thank you very much!

**LynneW:** You are most welcome.

**SharonTo:** very grateful

**LynneW:** I'm an email away if needed.

**AntoinettR:** thanks guys it's been fun

**LynneW:** Have a lovely evening. Be kind to yourselves.

**AndreaMM:** that is greatly appreciated! thank you!

**LynneW** waves good bye