

Teaching English Africa webinar

Maintaining stability in teachers' well- being

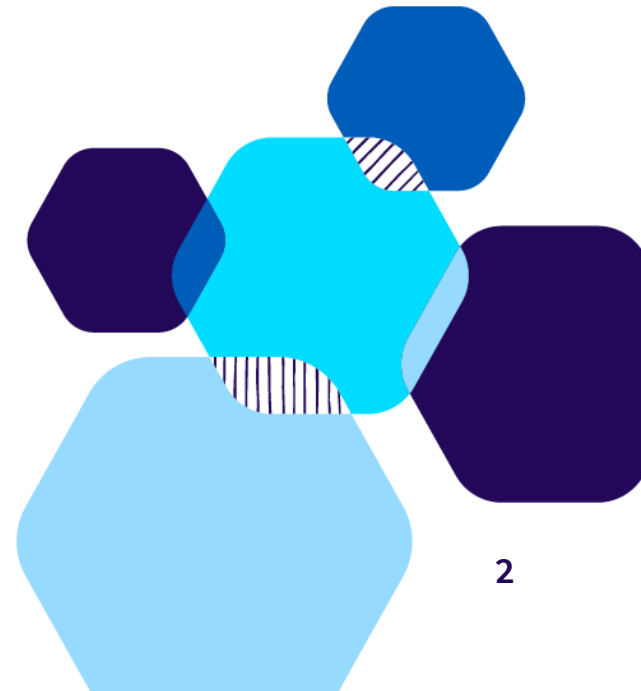
Nkumbe Epole Sandrine

10 December 2022

Objectives

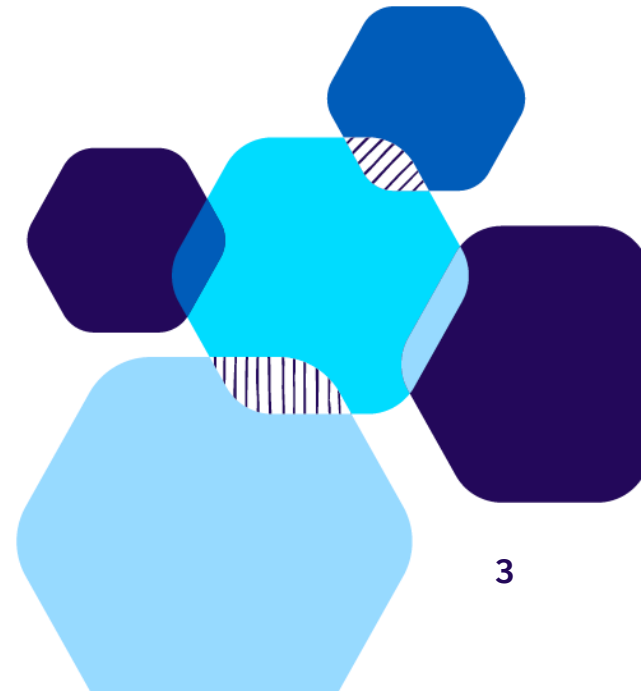
By the end of this session, participants will have:

- reflected on the role of teachers
- explored the meaning of teacher well-being and the threats to teacher well-being
- considered resilience as a means to maintaining teachers well-being



Agenda

1. General introduction
2. How do we characterise teachers?
3. What are the roles of a teacher
4. What do we mean by teacher well-being
5. Road blocks to teacher well-being
6. How can teachers become resilient
7. Benefits of being resilient

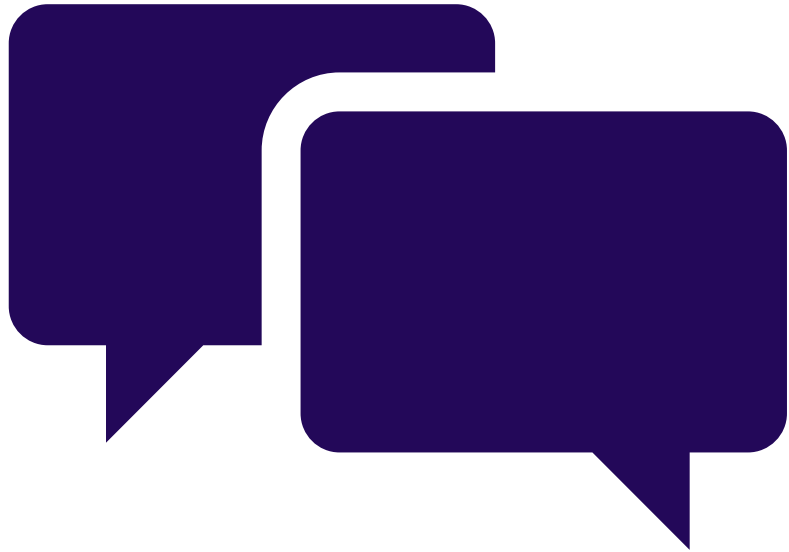


How do we characterise a teacher?

Teachers are regarded as the pillars of every society so they need to know “what to teach,” “how to teach,” and “cope with educational adversities and challenges” at the same time (Pishghadam et al., 2021; Sikma, 2021)

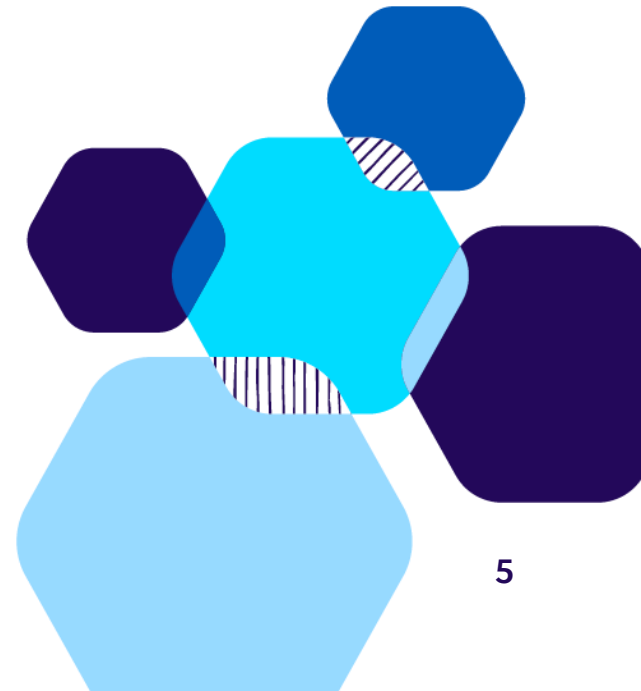


Activity 1



What are the roles of a teacher?

Put your views in the **chat**



Role of a teacher

Produce educational material

Manage classes

Plan educational events and activities

Keep the classroom organised and clean

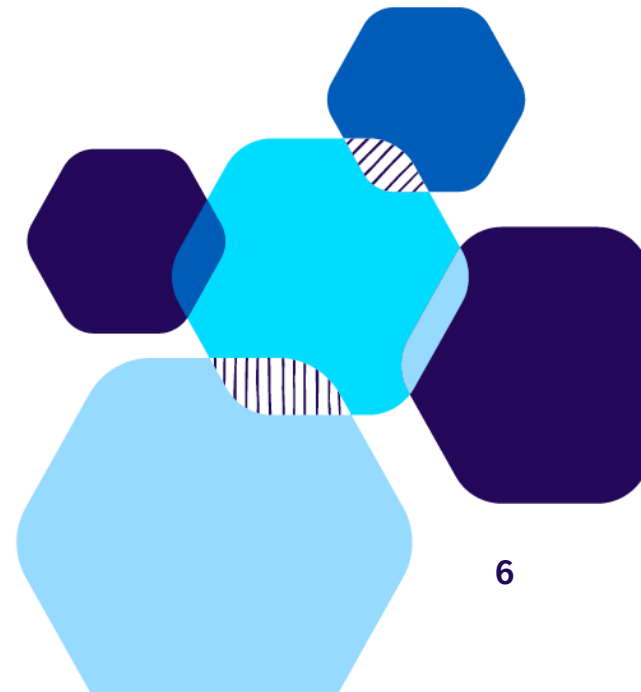
Accommodate the needs of their students by adapting their teaching material

Organise and attend parent-teacher meetings

Teachers communicate with parents

Evaluate and document student progress

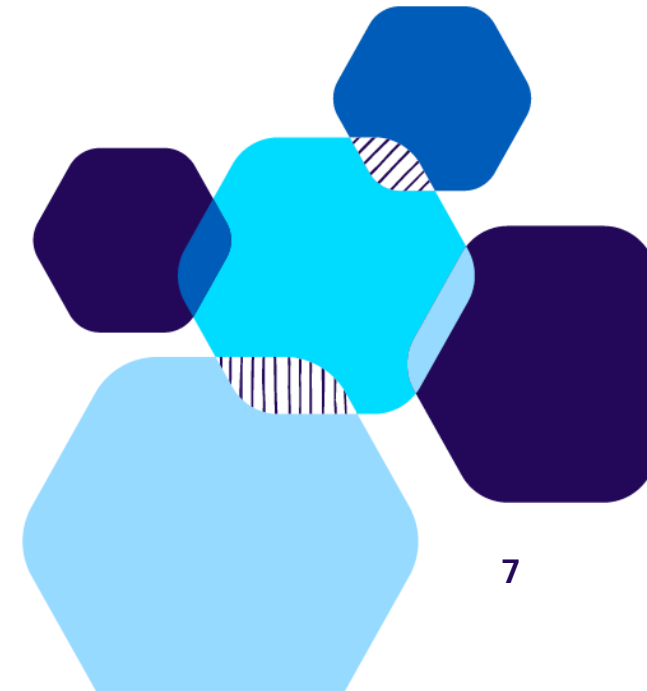
Distribute progress cards periodically



What do we mean by teacher well-being?

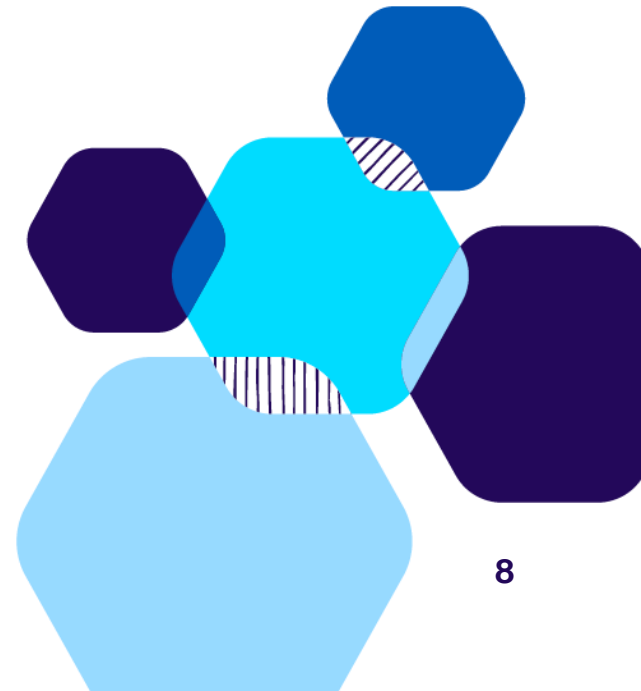


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What is teacher well-being?

According to Acton and Glasgow (2015), teacher well-being is defined as “an individual sense of personal professional fulfilment, satisfaction, purposefulness and happiness, constructed in a collaborative process with colleagues and students” (p. 101).

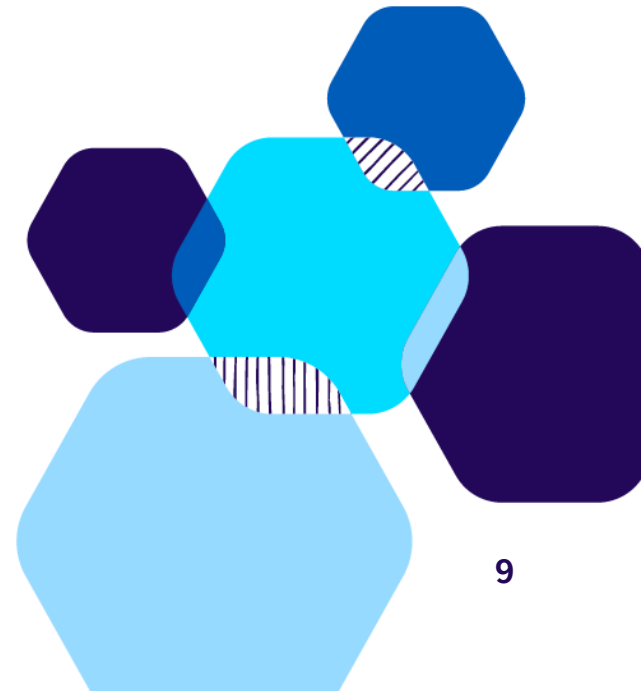


What is teacher well-being?

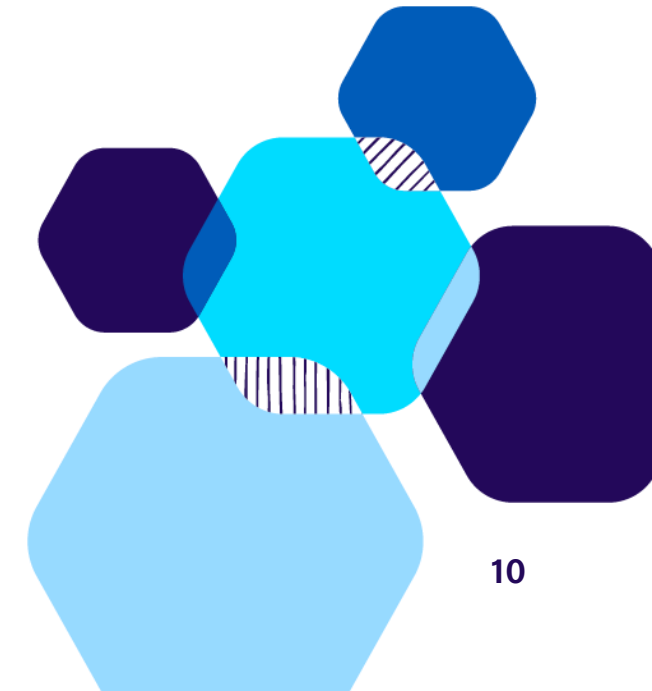
Well-being is an elaborate term that includes attending to our:

- mental
- physical
- emotional
- spiritual health

For teachers, well-being at work far too often means merely surviving the challenges and hardships that this work, at times, can bring



What should the well-being of a teacher look like?



Activity 2

What are the road blocks to teacher well-being?

Put your views in the **chat**.



What next towards achieving well-being?

Job
satisfaction

Motivation

Authority

Classroom
environment

School
management
(supportive)

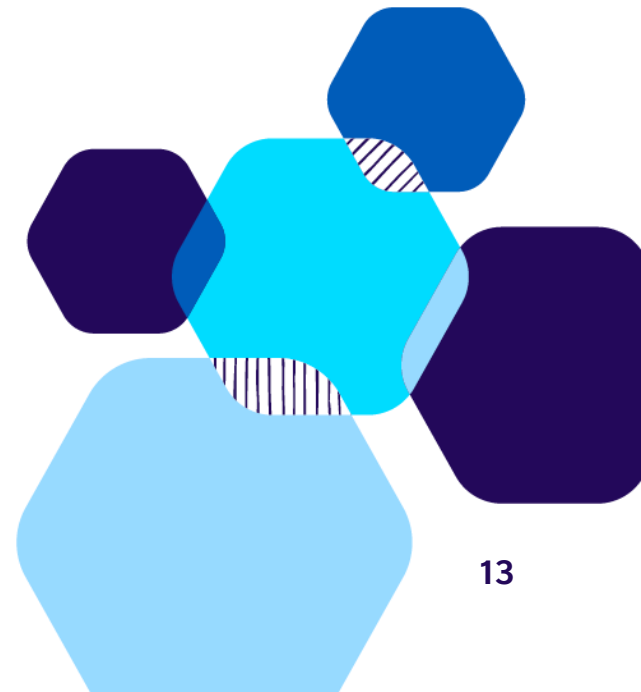
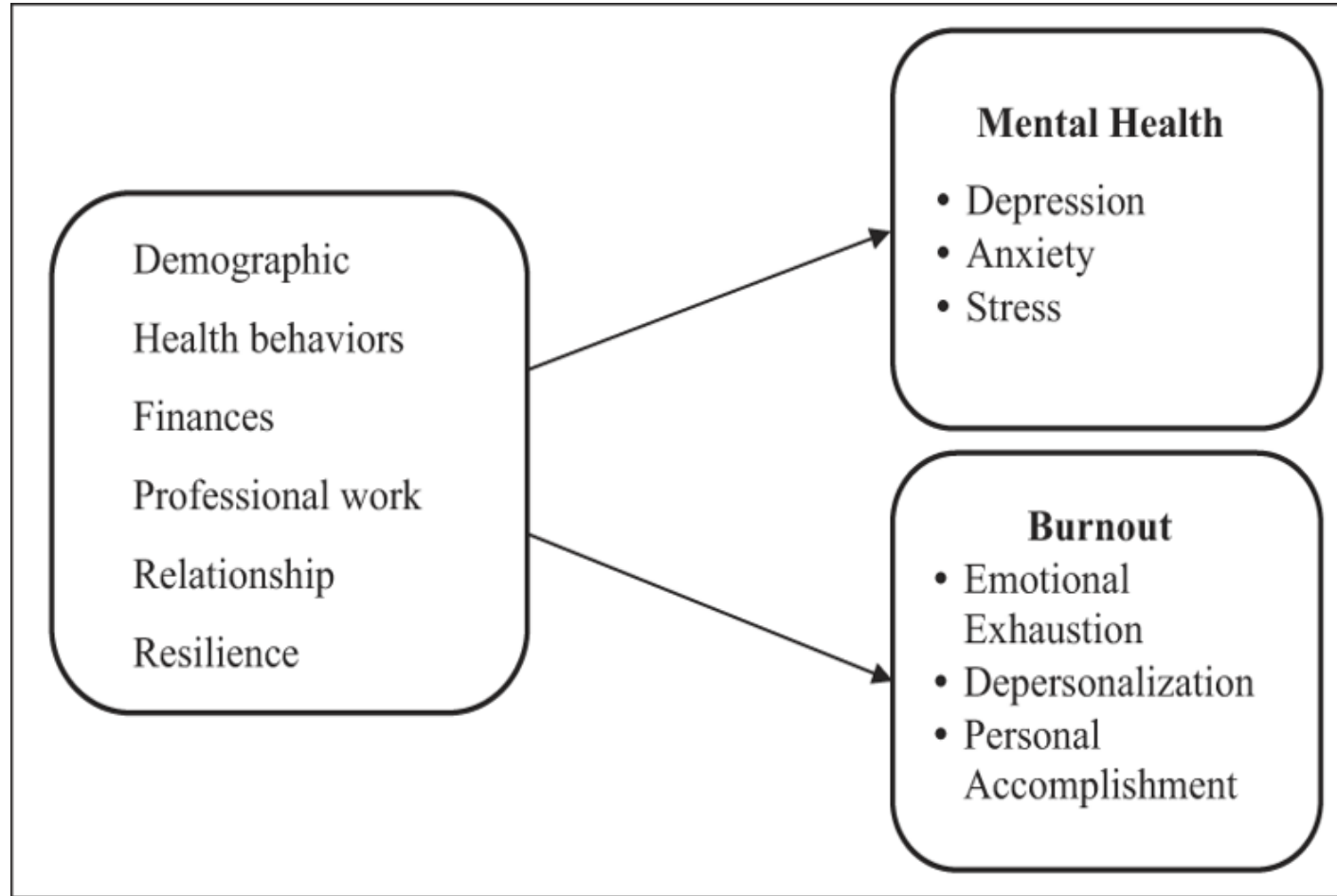
Appraisal
and
feedback

Cooperation
among staff

workload

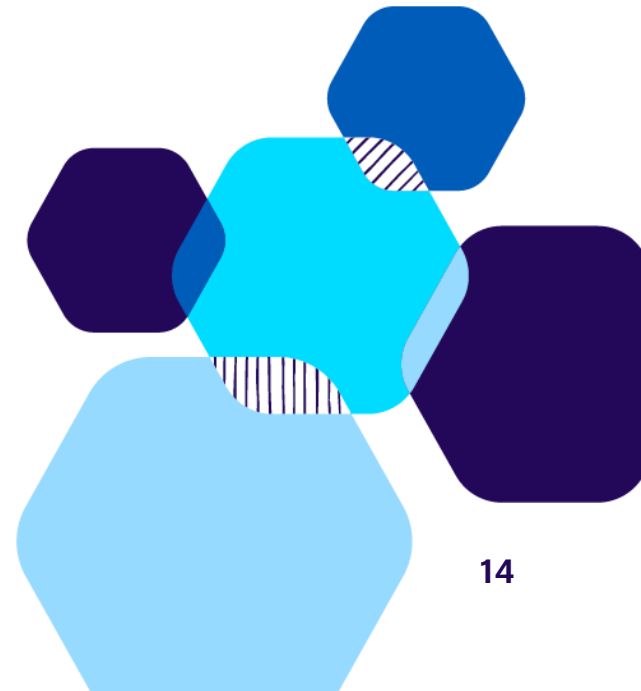
Teaching
practices

Effects



What is resilience?

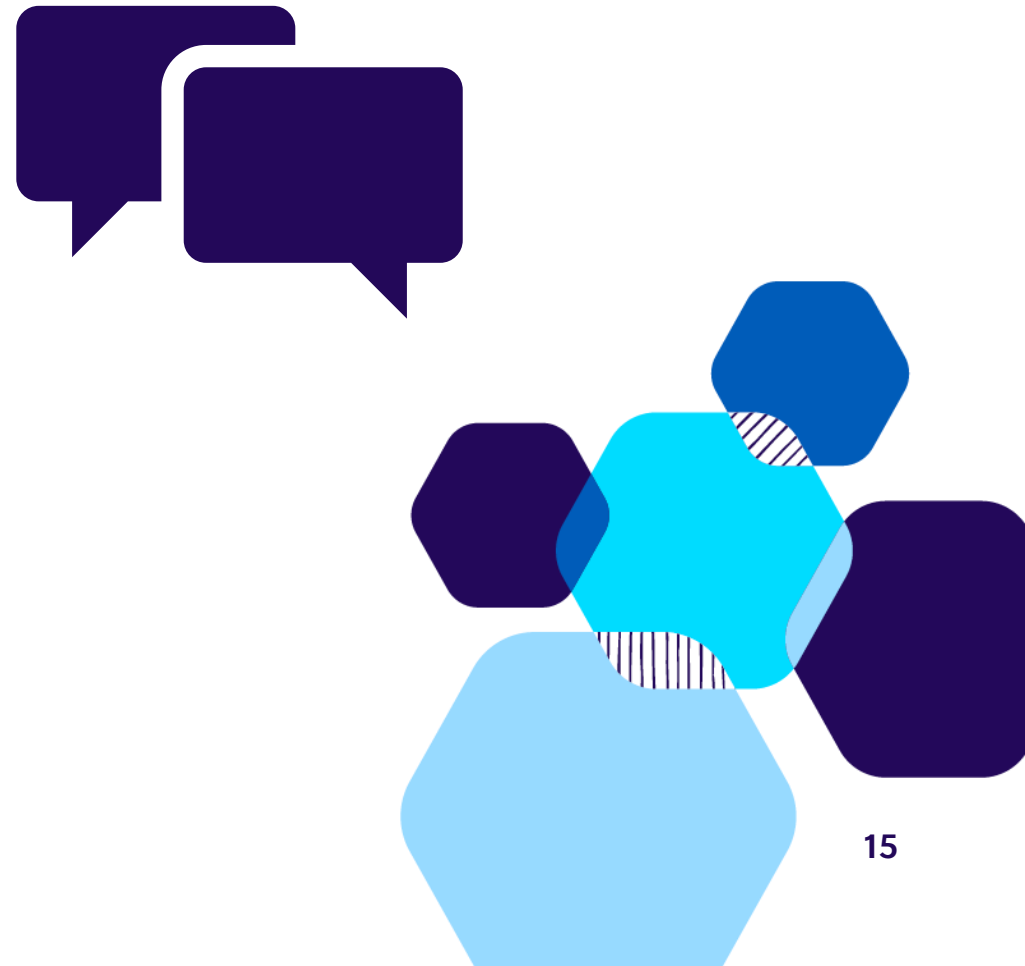
Teacher resilience or the ability to stand against the natural stressors and setbacks in teaching. As a tough profession it is of great importance due to its numerous positive outcomes.



Activity 3

How can we become resilient despite all the challenges we face?

Put your views in the **chat**



Tips for resilience

Know
yourself

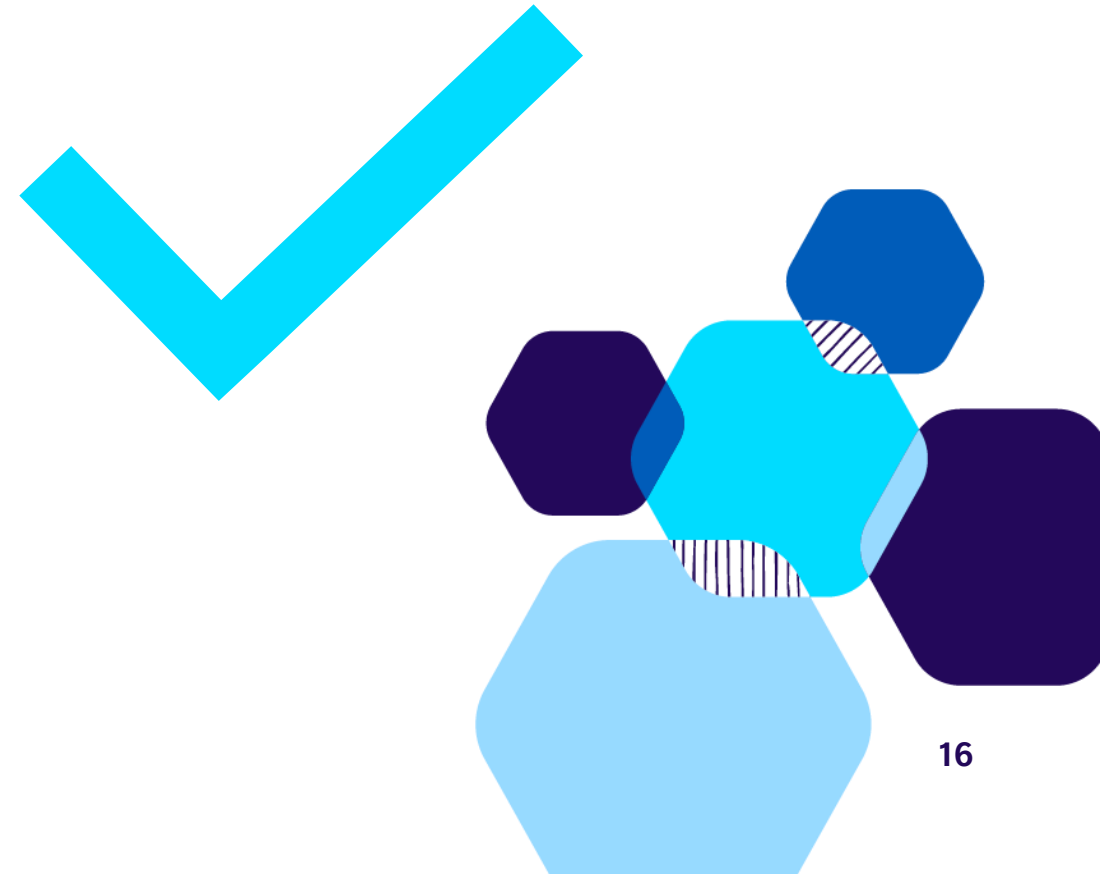
Understand
emotions

Tell
empowering
stories

Build
community

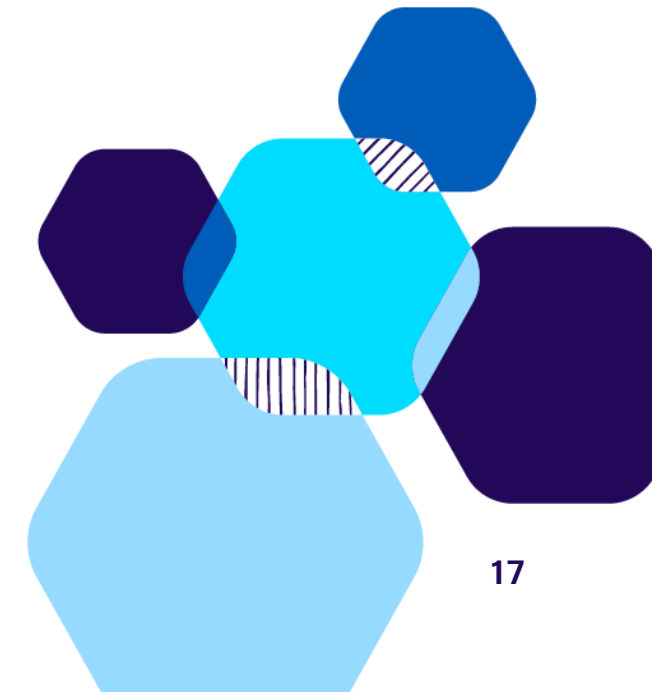
Take care of
yourself

Focus on
the bright
spots



Benefits of being resilient

Resilience produces job satisfaction	Responsiveness	Effectiveness
Self-efficacy	Sense of pride	Sense of agency
Interpersonal relationship	Competency	Empathy
	Emotionally intelligent teachers	



Try this activity

Key a diary and write down observations of:

- Moments when you and a colleagues engaged and had fun at work
- Things that you often grateful for at the end of each work day



Thank you

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