

HOW TEACHER MENTAL WELLNESS CONTRIBUTES TO BUILDING A COACHING CULTURE WITHIN THE CLASSROOM

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My COACHING CLASSROOM
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The impact of stress on the classroom - symptom reflection

Do/did you feel you have had any symptoms in the last 1-2 years that are reflective of the stress you may be facing in your classroom?

Insomnia/difficulty sleeping - 48.78 %
Irritability/mood swings - 63.41%
Tearfulness - 46.34%
Over-eating - 29.27%
Forgetfulness - 34.15%
Difficulty concentrating - 26.83%
Muscle tension - 36.59%
Recurring headaches/migraines - 31.71%
Dizziness - 9.76%
Changes in appetite - 12.20%
Panic attacks - 24.39%
Under-eating - 7.32%
High blood pressure - 17.07%
None of the above - 9.76%
Other (please specify)

Of the following symptoms that are linked to mental health, have you/did you experience any in the last 1-2 years?

Anxiety - 70%
Depression - 30 %
PTSD - 7.5 %
CPTSD - 0 %
OCD - 2.5.%
Eating disorders - 5%
Borderline personality disorder - 0 %
Schizophrenia/psychosis - 0 %
None of the above - 22.5 %
Prefer not to answer - 0 %

Have you been to a GP and had any formal diagnosis for the following conditions in the last 1-2 years?

No, I haven't been to a GP - 58.54%
Depression - 17.07%
Exhaustion - 12.20%
Stress - 24.39%
Anxiety - 34.15%

Of the following issues, which ones have surfaced the most because of your work as a teacher?

Behavioural eg: changes to appetite, irritability, procrastination or mood swings? - 39.02%
Physical symptoms eg: raised blood pressure, muscle tension, sweating, dizziness, headaches or migraines? - 26.83%
Psychological symptoms eg: depression, anxiety, panic attacks? - 36.59%
None - I manage my related work pressures well - 17.07%

The side effects of stress

Were any of the symptoms listed in the previous question directly related to any of the following?

Excessive workload - 55.88%
Work/life balance - 64.71%
Students' behaviour - 29.41%
Low income - 8.82%
Unreasonable demands from your manager - 38.24%
Rapid pace of change - 17.65%
Problems with students' parents - 32.35%
Bullying by colleagues - 20.59%
Redundancy/restructure - 14.71%
Lack of opportunities to work independently - 17.65%
Discrimination - 11.76%
Retirement - 5.88%
Covid-19 - 20.59%



Playful

- ☐ Teaches encouraged to get in touch with their inner child
- ☐ Play engages all ages
- ☐ Creating a new exciting environment for learning
- ☐ Unleashing creativity

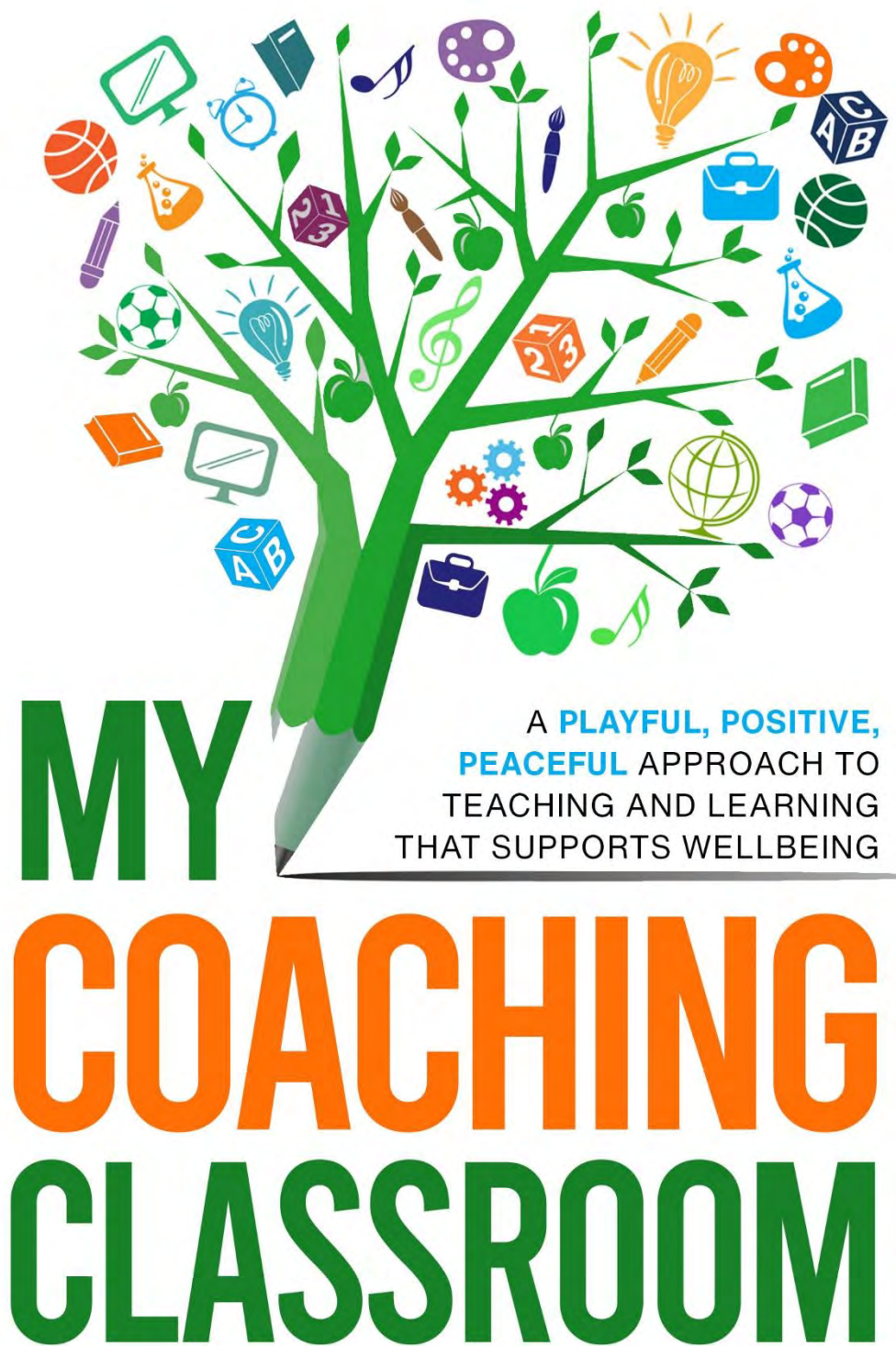


Positive

- ☐ Theory of Positive Psychology
- ☐ Cultivating learned Optimism
- ☐ Life Coaching
- ☐ Thinking Skills
- ☐ Neuroplasticity of the brain
- ☐ Behaviour modification

Peaceful

"The first book of its kind to offer a solution focused coaching model applicable to classrooms around the world"



“I’ve come to a frightening conclusion that I am the decisive element in the classroom. It’s my personal approach that creates the climate. It’s my daily mood that makes the weather. As a teacher, I possess a tremendous power to make a child’s life miserable or joyous. I can be a tool of torture or an instrument of inspiration. I can humiliate or heal. In all situations, it is my response that decides whether a crisis will be escalated or de-escalated and a child humanised or dehumanised”

Haim Ginott

www.mycoachingclassroom.com

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