

## **What teachers said when asked their favorite things about Chance to Soar August back-to-school presentations**

- Feeling appreciated
- Identifying the sources of my irritation- the statistics
- the reimagine activity
- Good Tips and Procedures to take care of yourself
- The presenters made me feel important as like I mattered to students.
- Your excitement, and thinking about improving with 1% at a time.
- the word puzzle activity
- It was very inspiring.
- new year new habits. we can't change the past and we know it happened. it is time to focus on the new year and create new habits that matter for today, tomorrow, and the rest of this year.
- SOOOO positive, and loving, and I believe you all are TRULY caring about us and our stress and our needs.
- I like the stats on building habits.
- Good reminders

- I enjoyed the enthusiasm from the presenters
- Recognizing areas of stress and how to manage and make small changes each day.
- Remembering the reason I became an educator.
- self care ideas
- your enthusiasm and authenticity
- Stressor Categories - realizing they are real stressors and not complaints
- realigning thinking
- I really related to the presenters. They were very real and approachable and interested in our well being.
- Fun Stories
- Thinking of attacking 1% of a stressor.
- strategies for building new habits
- Everything is something I can use in my classroom
- Being able to focus on myself and know that others feel the same way and we can support each other
- the energy!
- I enjoyed all of it.
- I always enjoy when y'all come. You bring positivity and perspective. From this particular presentation, I enjoyed the analogy about the water bottle and working toward a

goal and that one day of not doing something just means to try again tomorrow. 🥰

- Goal setting
- sorting my feelings into stressors
- The find the word activity
- the enthusiasm and relatability of the presenters
- Validation on how our job is stressful
- It was refreshing, real conversations and real feelings discussed. I felt like they were specifically speaking to me in all activities and conversations.
- great activities and they were very knowledgeable
- enthusiasm/ stress reducers
- Down to earth presentation
- Ladies were real about the struggles of teaching
- Strategies for change to relieve stress
- Honestly, the comedic relief. Just having a forum where we can be vulnerable and let our hair down.
- Strategies given to try to relieve stress
- Talking about changing 1% to lessen teacher burnout
- it was real and relevant...I loved it!
- Hands on activities!
- Validation that I wasn't alone

- Identifying negative factors
- positivity of presenters
- 1%less
- I liked the ideas about doing tiny things to change myself x 365. It made it seem manageable.
- the acknowledgement that teaching is stressful & the activities
- I can't say there was one thing
- Very inspiring
- Reaffirming that taken care of me trickles down.
- Ideas for making small changes. 1% better idea.
- Loved the thinking maps we completed.
- I loved the data that was shared.
- The card game
- It was so refreshing that someone acknowledged the stress, anxiety, and difficulties from last year.
- New Year. New Habits.
- The presenters!
- The fact that you guys offer great strategies for thriving in our profession.
- I like tools that we could use with our students.
- that we matter

- I appreciate that they acknowledged the unique struggles that teachers face.
- Loved the way how to make good habits was presented
- Four strategies
- 1% - you can always do a little better at something
- Team connections
- Everything and realizing how to change for the better and stay positive
- The genuine concern and care that we received
- The activity to find the word reimagine
- I liked the part about forming good habits and how you should take small steps and not try to completely change all at one time.
- So relatable :)
- Taking time for us, and meeting small indicators to accomplish a goal
- I loved that it addressed the mental and emotional health of teachers. It didn't give us fake enthusiasm to get us through the first week of school. It was a promise to support teachers throughout the year and acknowledge the difficulties of our jobs. Too often beginning of year PD is student focused without any consideration for the

educators. This addressed educators, validated us, and created realistic way out.