

Maintain Your Vitality

Energy Skills to Thrive in the Classroom



OVERVIEW

- Manage your vitality
- Connect to what energizes you
- Self care while you work

MANAGE YOUR VITALITY

In what specific situations do you feel the most drained, stressed or contracted at work? When do you feel expanded or energized?

| Drained | Energized |
|---------|-----------|
| | |

Experiential exercise reflection – Contract and expand

CONNECT TO WHAT ENERGIZES YOU

What gets you energized about your work?

What are your personal sources of vitality? (Your passions, purpose, calling, spiritual or religious beliefs, nature, family, friends, inspiring role models)

Experiential exercise reflection – Connect to what energizes you

EXPAND AND CONNECT WHILE YOU WORK

What cues or reminders will you use to practice at work?

What is your take-away? What are you going to practice as a result of this session?

REFERENCES

Achor, Shawn, *The happiness advantage: The seven principles of positive psychology that fuel success and performance at work.*

Carney, D., Cuddy, A. J. C., & Yap, A. (2010). Power posing: Brief nonverbal displays affect neuroendocrine levels and risk tolerance. *Psychological Science*, 21, 1363-1368

“Our bodies change our minds, our minds can change our behavior, and our behavior can change our outcomes.”

— *Amy Cuddy*