

EDUCATOR WELL-BEING

Featuring Utah First Lady Abby Cox

presented by

First Lady Abby Cox

This podcast is brought to you by Utah First Lady Abby Cox and Western Governors University Senior Vice President and Executive Dean of the School of Education Dr. Stacey Ludwig Johnson, facilitated by Marty Carpenter of Northbound Strategy. This limited series focuses on supporting teachers nationwide by providing strategies, resources, tips, and tools. Expert special guests join each episode. Included with each episode are reflective questions made available as downloadable PDFs to help expand educator expertise.

Helping Teachers Well-Being: Episode #1

In this episode, the hosts are joined by Dr. Mamie L. Pack, WGU's manager of healthy learning. In a "Help the Helper" approach, Dr. Pack shares the six Healthy Learning Pillars at WGU that are being integrated into the curriculum for teacher preparation and explains why helping teachers requires a holistic approach. We encourage a regular cadence of self-reflection with these questions, continuously looking for room for growth and cause for celebration. You may re-engage with episode #1 [here](#).

Self-Reflection:

- What does a healthy version of me look like?
- What is my temperament and mindset?
- Am I present for my students and peers?

Self-Advocacy:

- How do I recognize when I need to advocate for myself?
- How do I do so professionally?
- Who is on my list of people or organizations I can reach out to for resources and support?

Community Engagement:

- What does my professional community look like?
- What conferences can I attend to learn and network?
- Who in my school could I ask for mentorship?
- Who can I mentor and support?
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