

HAPPY TEACHERS

HAPPY STUDENTS

Teachers exert great influence on their students during their school life. They expand their imagination, they offer encouragement and support, they cultivate social responsibility and can instigate the passion and the curiosity of students. All this happens if they themselves lead a complete and happy life.

HAPPY TEACHERS HAVE:

Balance

They balance between business and personal life dealing with the burnout syndrome and leading a more fulfilled life.

Consciousness

They give advice and react wisely and consciously at hard times.

Goal

They always remember why they chose to become teachers, finding strength and energy, even when they feel pressured.

Self-care

They take care of themselves intentionally resting, exercising and relaxing.

Organisational skills

They establish processes and systems for the smooth running of their class.

Passion

They look for ways to transfer their passion to their teaching.

Gratitude

They cultivate gratitude on a daily basis. This helps, focusing on the positive elements of the day.



Originality

They are brave. They embrace and love themselves. They maintain their integrity and the sense of themselves even at times of chaos.