



CONNECTIONS MATTER

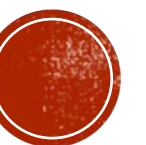
The Art of Human Connection





A RECENT CONNECTION

- Who?
- What?
- Where?
- Why?



OUR RELATIONSHIPS ARE IMPORTANT TO US...





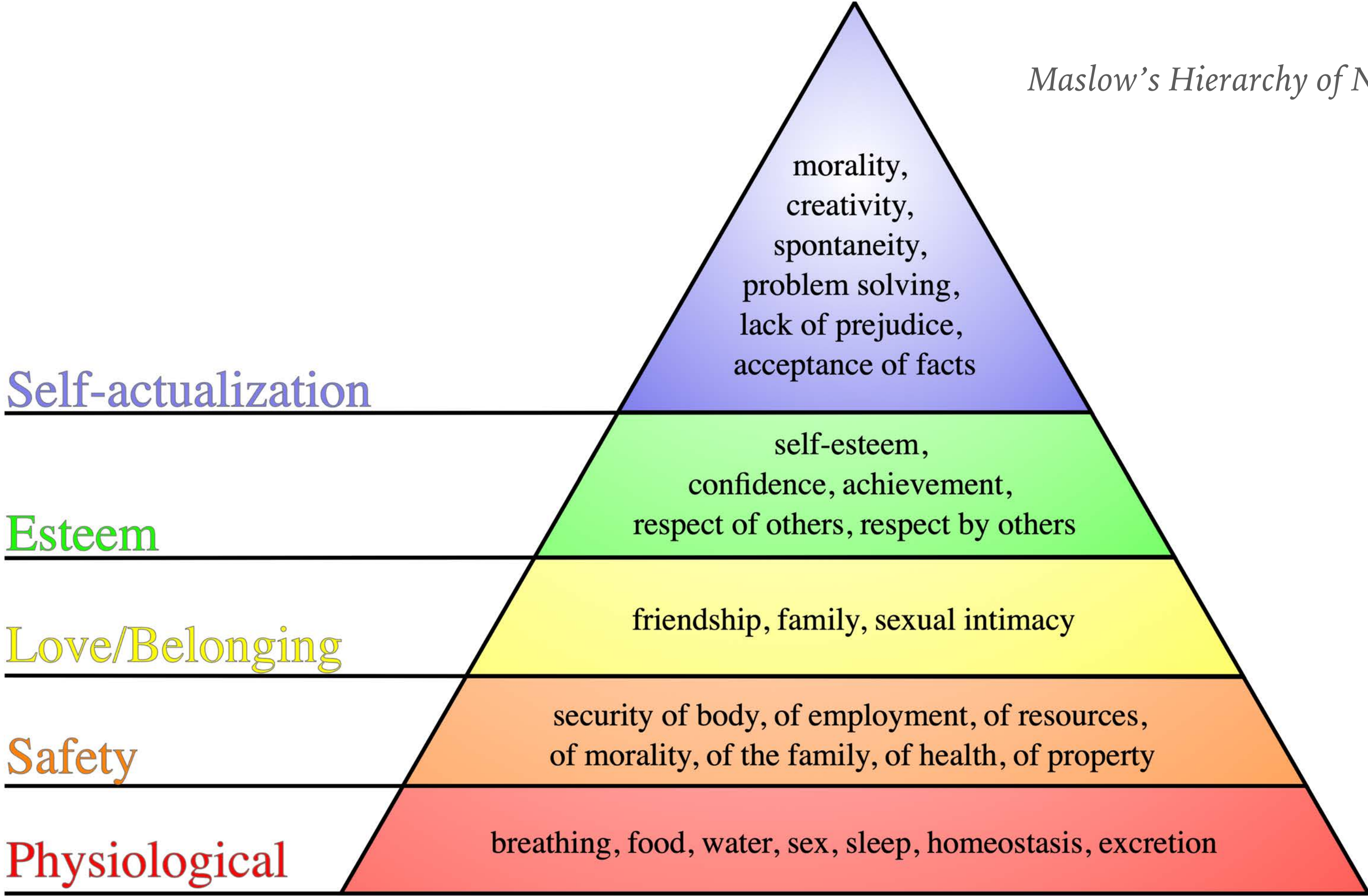
HARDWIRED TO CONNECT

Photo by [israel palacio](#) on [Unsplash](#)

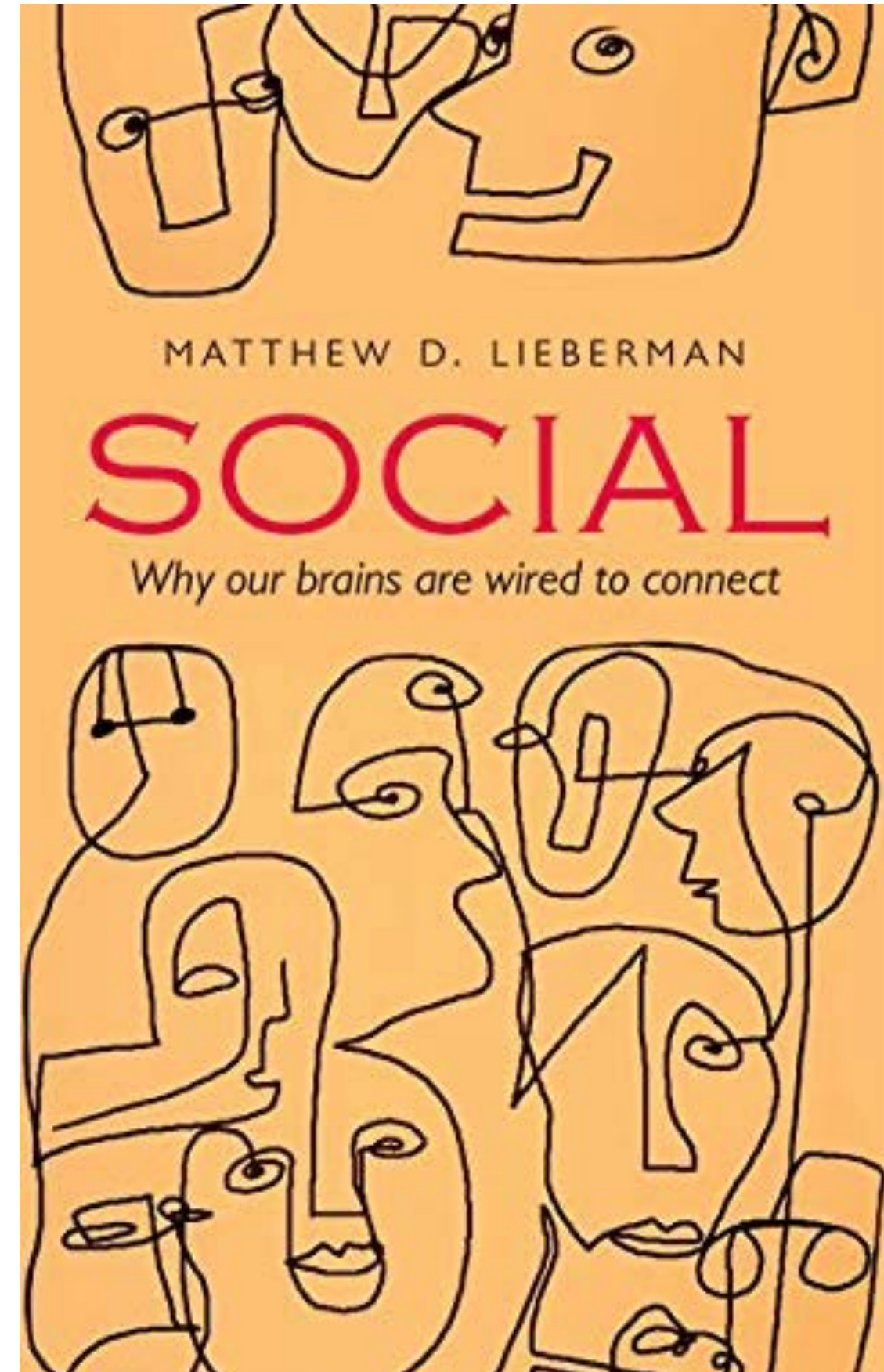




Maslow's Hierarchy of Needs

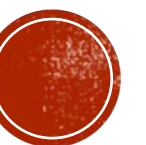


SOCIAL BRAIN



WE LEARN WITH AND THROUGH OTHERS

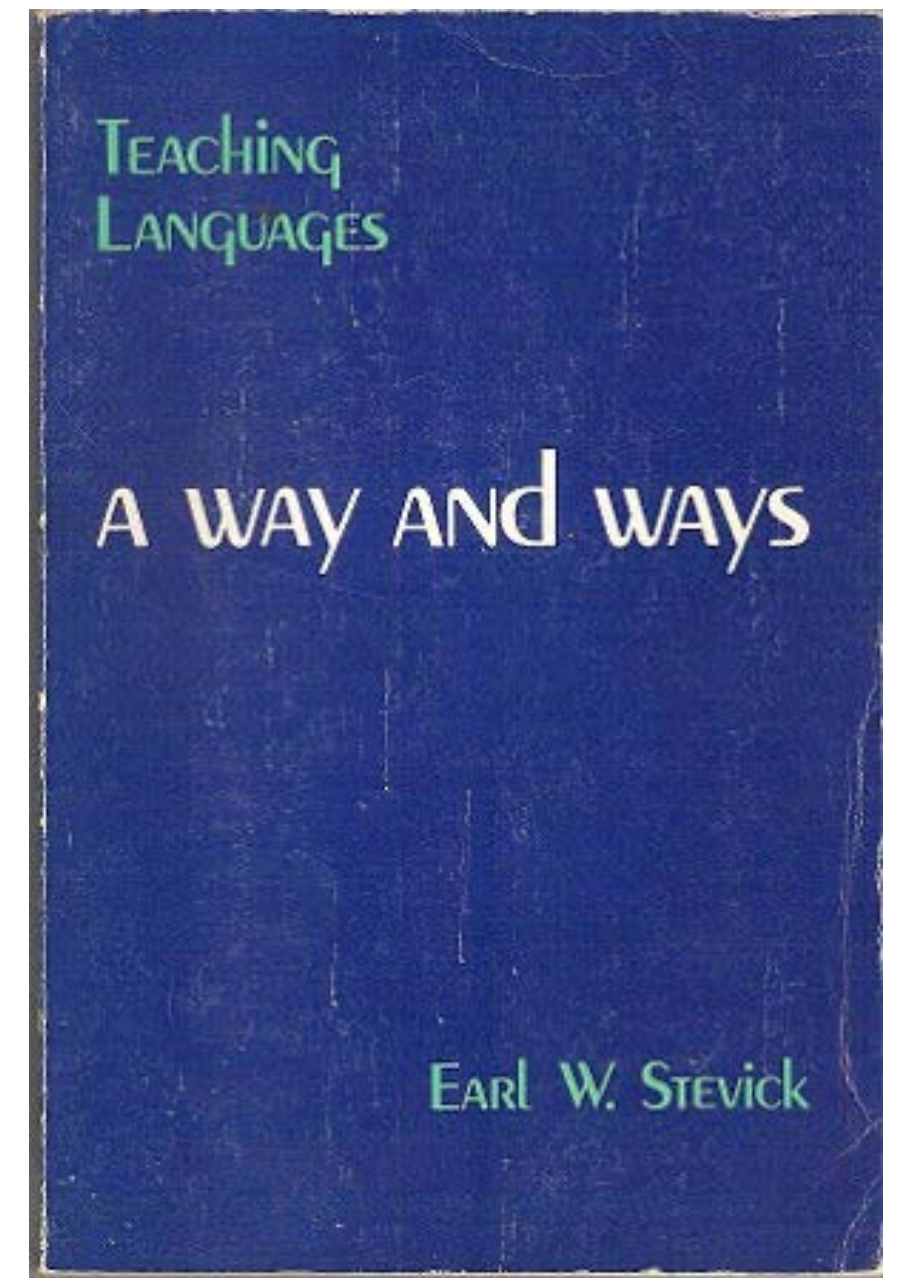
- Schools need to foster a sense of **connectedness** (and tackle sources of social pain)
- **'social learning'** effective form of learning – we encode information socially
- We learn things better if they are about **people and relationships** rather than abstract facts
- Schools need to promote learning **together** rather than learning **alone**



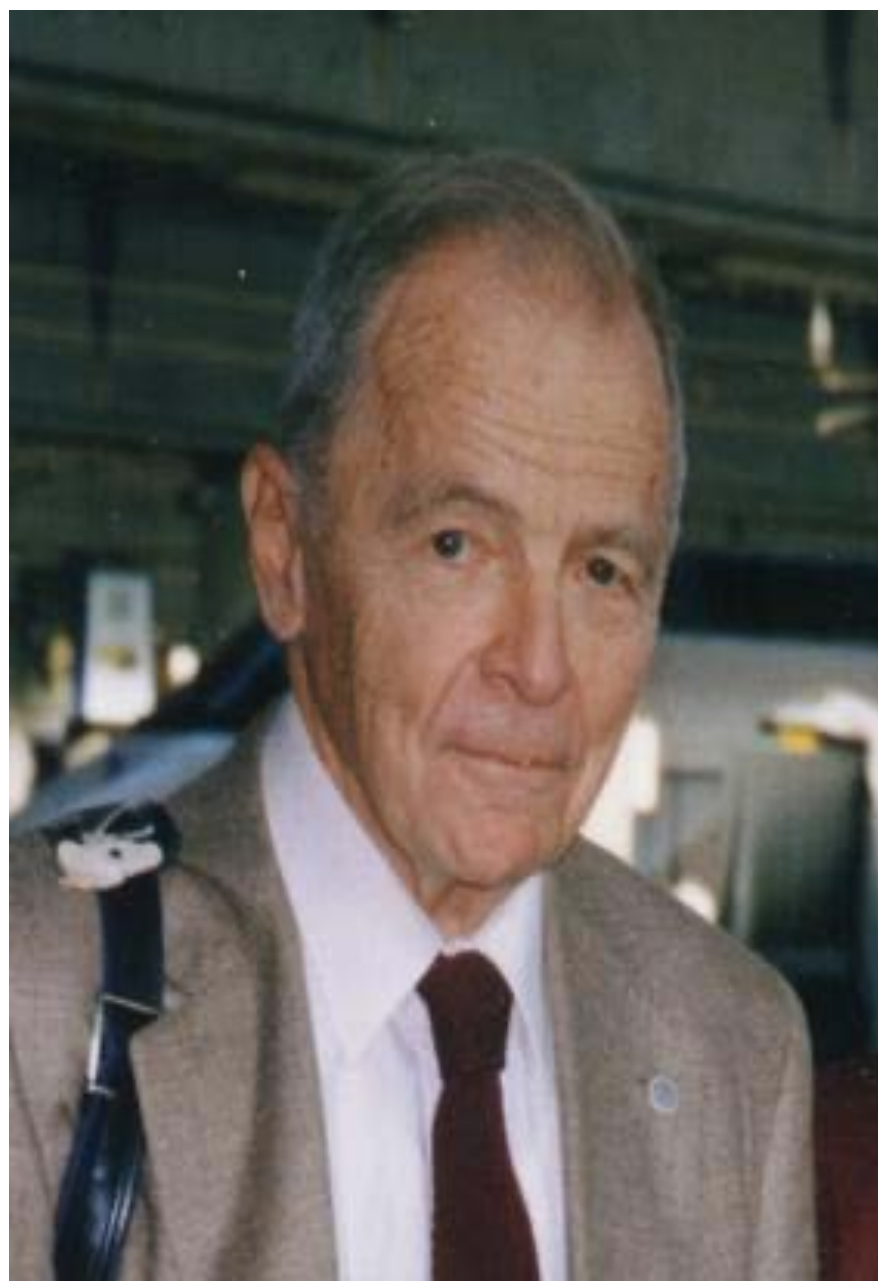
“

success depends less on materials, techniques, and linguistic analysis, and more on what goes on **inside** and **between** the people in the classroom”

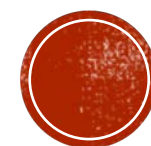
(Stevick 1980: 4)



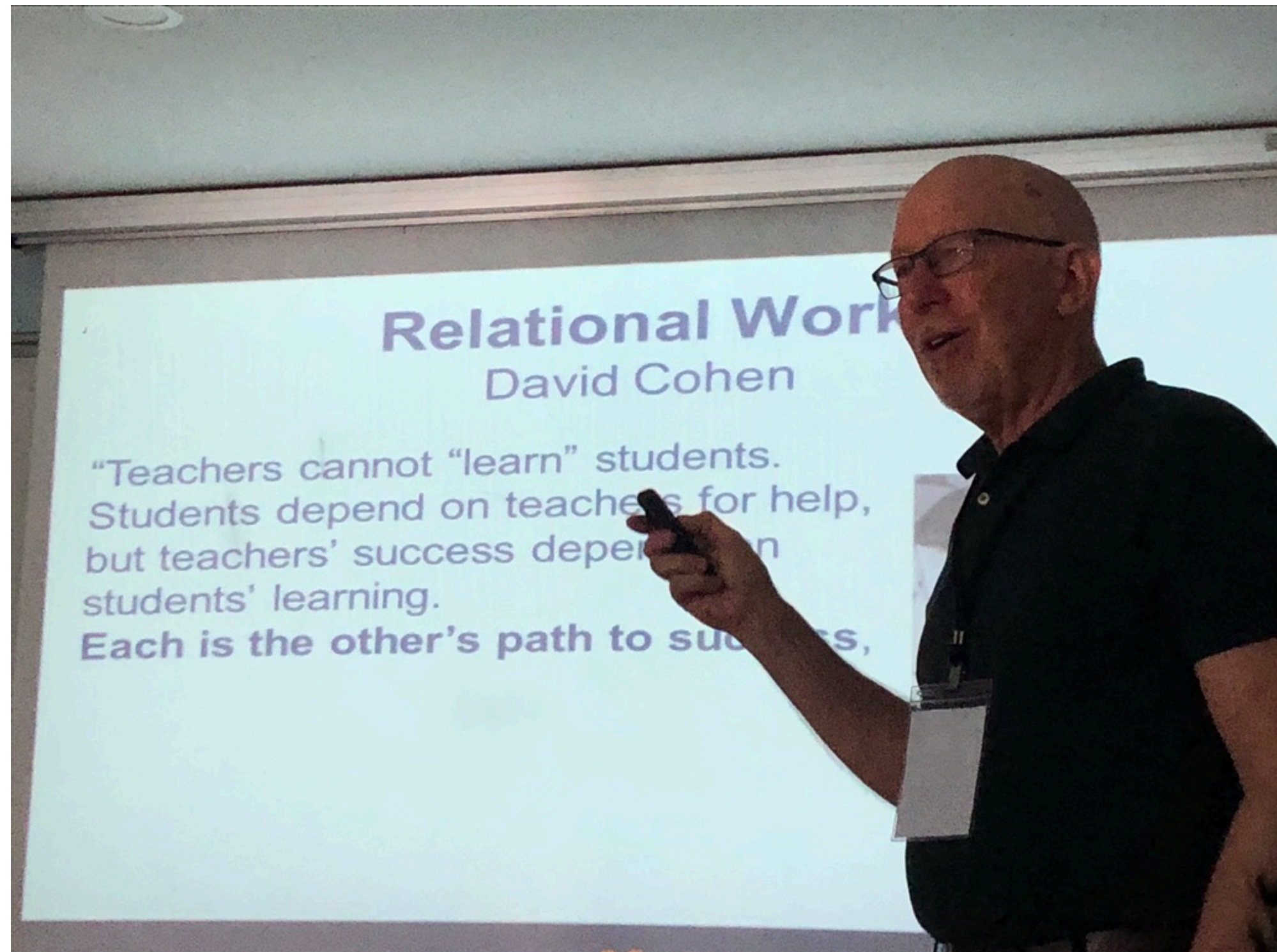
“



... 'what goes on' is the presence or absence of **harmony** — it is the parts working with, or against, one another. How such a thing may happen within and between the people in a language course...”



TEACHING IS RELATIONAL



THE IMPORTANCE OF RELATIONSHIPS









DISCONNECTED



LONELY

Social isolation is a growing epidemic. ..

- 20%- 40% of US adults are lonely (doubled since 1980s)

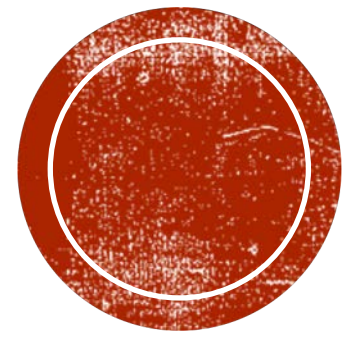
How social isolation is killing us - New York Times

- Teenage loneliness has nearly doubled (2012 – 2018)
- Minister of Loneliness

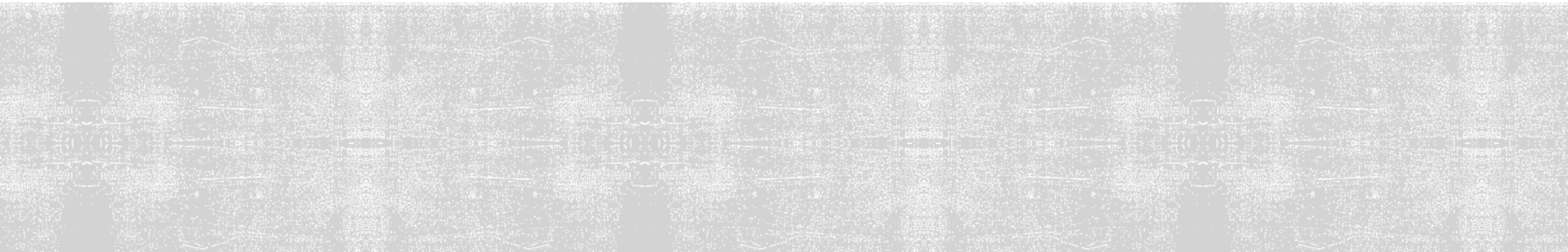


HAPPY TO CHAT BENCH...





DISCONNECTING WITH WORK



“

A staggering 55 percent of educators are thinking about leaving the profession earlier than they had planned ...

National Education Association (NEA) – January 2022



44% of teachers in England plan to quit within five years

'Unmanageable' workloads, stress and levels of trust in teachers from public and government key factors



The Guardian – 11 April 2022

📷 Teachers also cited pay and paperwork as reasons to consider leaving the profession.

Photograph: MBI/Alamy





54%

of doctors
say they are
burned out.¹



88%

of doctors
are moderately
to severely stressed.²



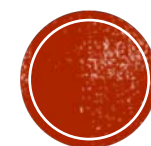
59%

of doctors
wouldn't recommend
a career in medicine
to their children.³

1. Mayo Clinic 2014.

2. VITAL WorkLife & Cejka Search Physician Stress and Burnout Survey 2015.

3. Jackson Healthcare; 2013 Physician Outlook and Practice Trends.



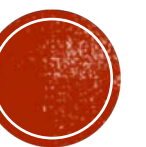
THE ANSWER WALL

I AM SO

BURNED

OUT 😞

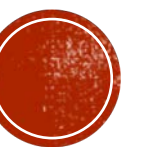
I just can't
care less about
my classes





QUIET QUITTING

Photo by [Magnet.me](#) on [Unsplash](#)



WHAT DOES BURNOUT LOOK LIKE?



ARE YOU SUFFERING FROM BURNOUT?

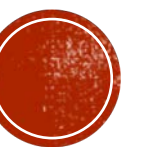
- Have you become cynical or critical at work?
- Do you drag yourself to work and have trouble getting started?
- Have you become irritable or impatient with co-workers, customers or clients?
- Do you lack the energy to be consistently productive?
- Do you find it hard to concentrate?
- Do you lack satisfaction from your achievements?
- Do you feel disillusioned about your job?
- Are you using food, drugs or alcohol to feel better or to simply not feel?
- Have your sleep habits changed?
- Are you troubled by unexplained headaches, stomach or intestinal problems, or other physical complaints?





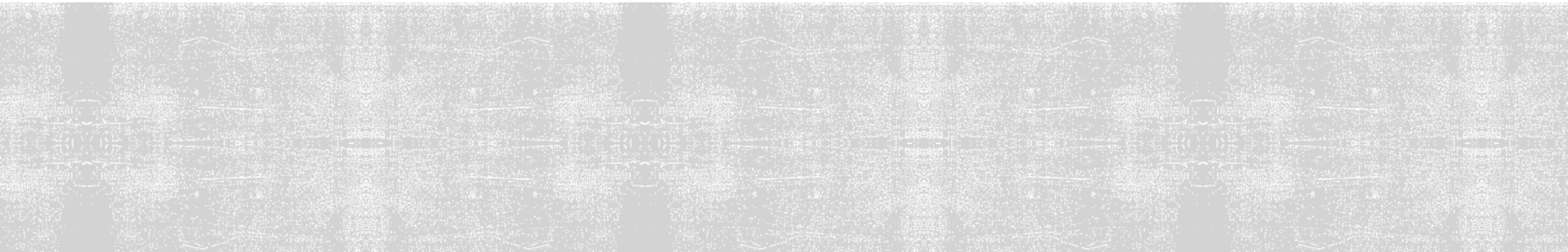
WHAT'S THE SOLUTION?

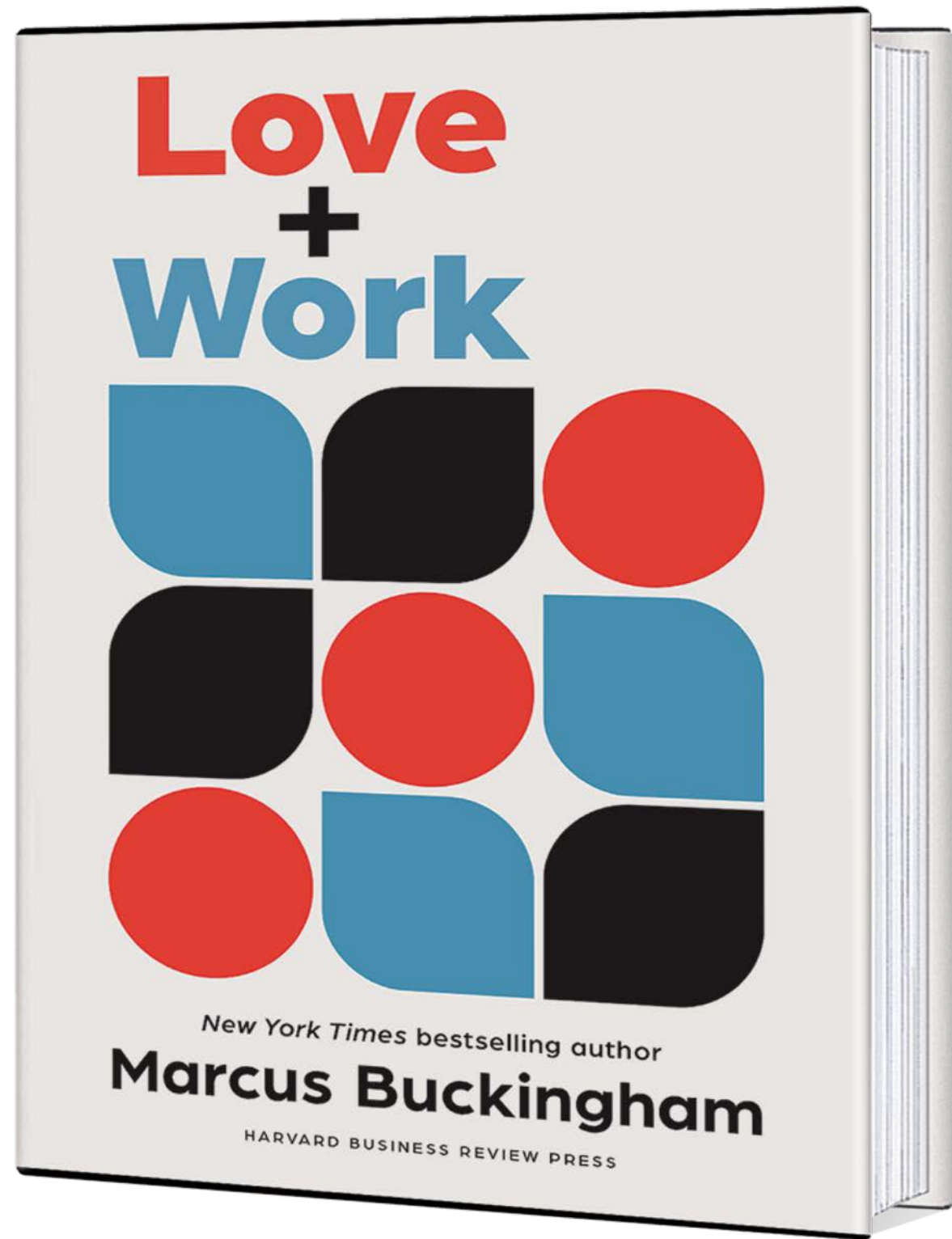
Photo by [Neil Thomas](#) on [Unsplash](#)





CONNECTION TO MEANINGFUL WORK





“

**For many millions of us, work
just isn't working ...**

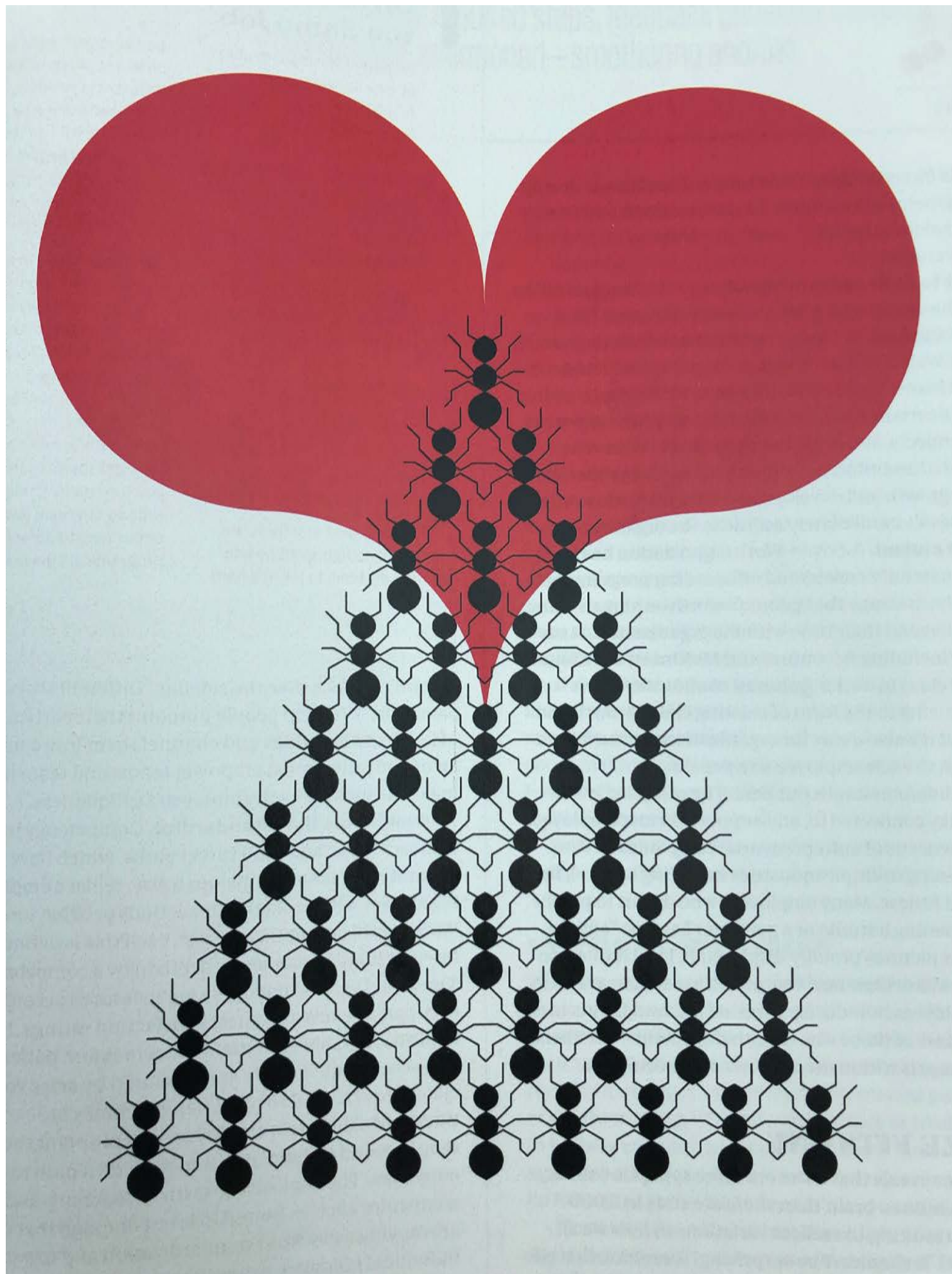




As record numbers of people have quit their jobs, all sectors of the economy are struggling to fill vacancies. To get people back to work, organisations are changing long-standing policies and offering unprecedented incentives.

Designing work that people love (Harvard Business Review)





LOVE + WORK

When you're in love ...

- We interact differently / broaden our perspective
- Accept new thoughts and ideas
- Register other people's emotions
- Remember details more vividly
- Cognitive function is improved



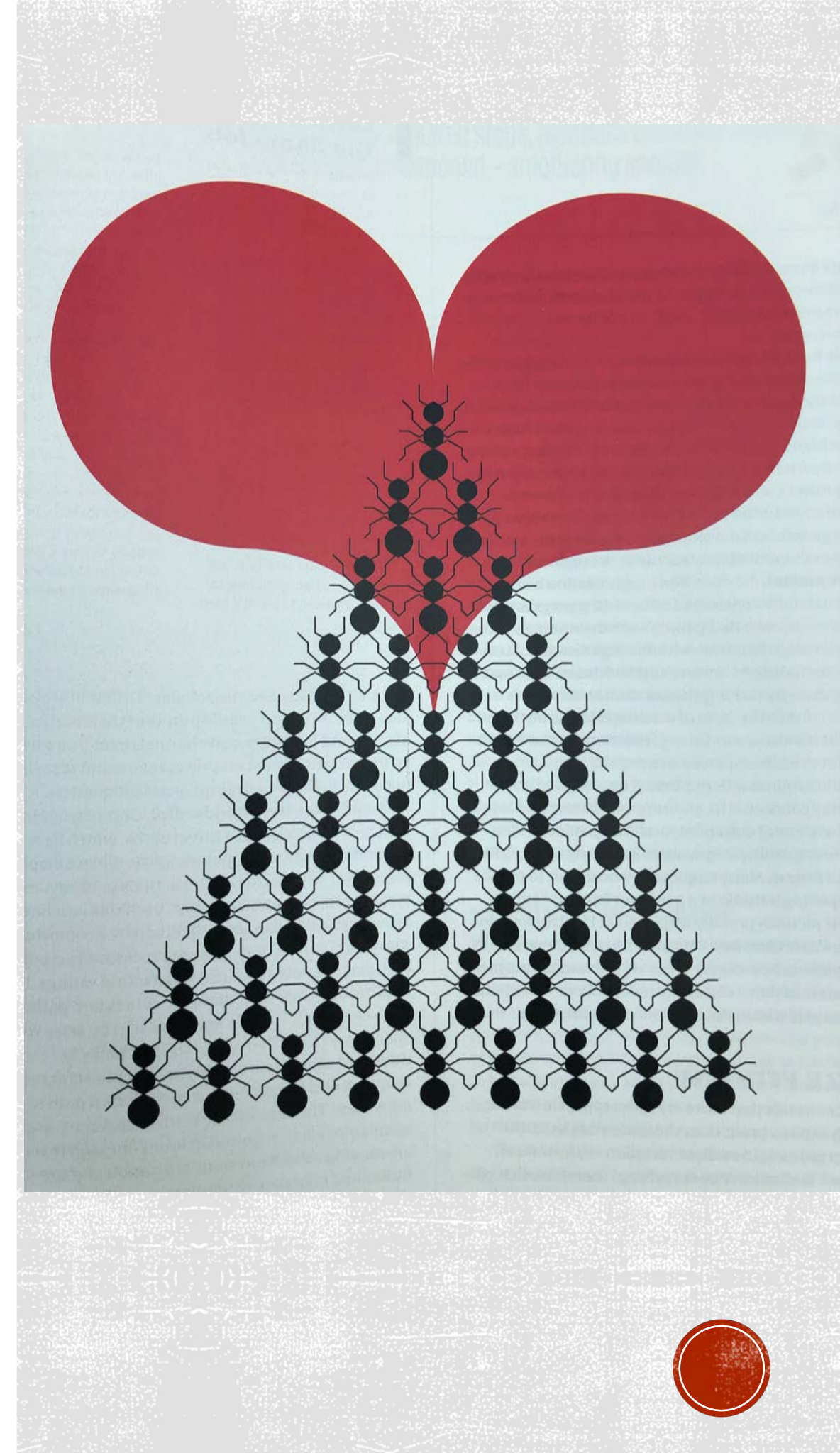


Photo by [Maksym Tymchyk](#)  on [Unsplash](#)



IN A LOVE + WORK ORGANISATION

- The people are the point
- Commit to lifelong learning
- One size fits one
- In trust we grow



“

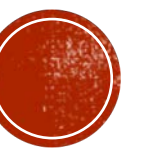
The only way to do great work is
to **love** what you do...”

Steve Jobs



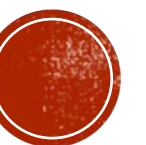


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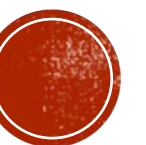
WHAT PERCENTAGE %?

20%



WHAT ARE THE THINGS THAT MAKE YOU STRESSED?

- Hours of preparation
- Big classes / small rooms
- Too many different levels
- Parents
- Marking homework / essays
- Heavy curriculum
- Mixed abilities



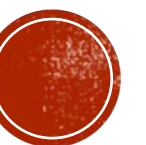
WHAT ARE THE BEST THINGS ABOUT YOUR JOB?

- End of the lesson / term!! ;)
- **Amazing students who make it worthwhile**
- Seeing progress
- Each lesson is a challenge
- Regular attendance
- **Freedom to teach as we want (in the classroom)**
- **'Planting seeds' in students, watching them grow**
- **Emotionally connecting with students**
- **Colleagues!!**



A SENSE OF CONNECTEDNESS

- We don't need to love everything we do but we do need to find the love in what we do every day.
- Cultivate the experiences of connection.





CONNECTION TO SELF

Journal / speedwriting / breathe / notice /
meditate / yoga / doodle



Question Mark Project, 1/3

Posted on [December 6, 2020](#) by [Zhenya](#)

What's your creative outlet these days? Have you been doing anything new, something you'd never even thought you will find yourself engaged in? A lot of people I know or follow on social media have been talking about creative activities and projects they engaged in, e.g. some have been cooking and baking, some were coloring, others were taking drawing/painting lessons, or practiced the art of calligraphy writing.

A mini-project I was playing with was about Questions. Or Question Marks, to be precise.



What was that about? Well, as simple as what the image above shows: every morning, I drew a question mark and colored it in different way, depending on my mood and thoughts, the day's tasks, and the tools I had at hand. One day, one question mark. And a date. I kept doing this for about a month, in October-November this year. It was my 'sanity management tool'. I realized I did not have the patience and time for something serious, and really wanted to have some daily chunk of time for my running outside. The 2 minutes this project took was just a perfect way to start my day. While drawing each question mark, I kept thinking about the day's goals, challenges, or highlights.

I noticed that some days were missing a question mark. Can you guess what kind of days these were? Yes, the 'happy ones': the days when I had a hike to look forward to (and a very early start to the day), or when the weather was especially inviting and took me outside immediately.

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- [Activity 64: Crossroads](#) July 27, 2022
- [Guest Post: My Milestones 2022, or Why I am Lucky](#) July 20, 2022
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- [Do You Doodle? Activity 131](#) July 4, 2022
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- [Activity 27: My Own Project](#) June 22, 2022
- [Guest Post: ELT Community of Practice Group in Kyiv](#) June 14, 2022
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- [sandymillin.wordpress.com/](#)
- [Sam Shepherd](#)

**Zhenya
Polosatova's
reflective
lounge**



How Are You Doing today?

I'm
great!



I'm
good.



I'm feeling
so-so.



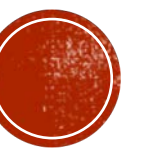
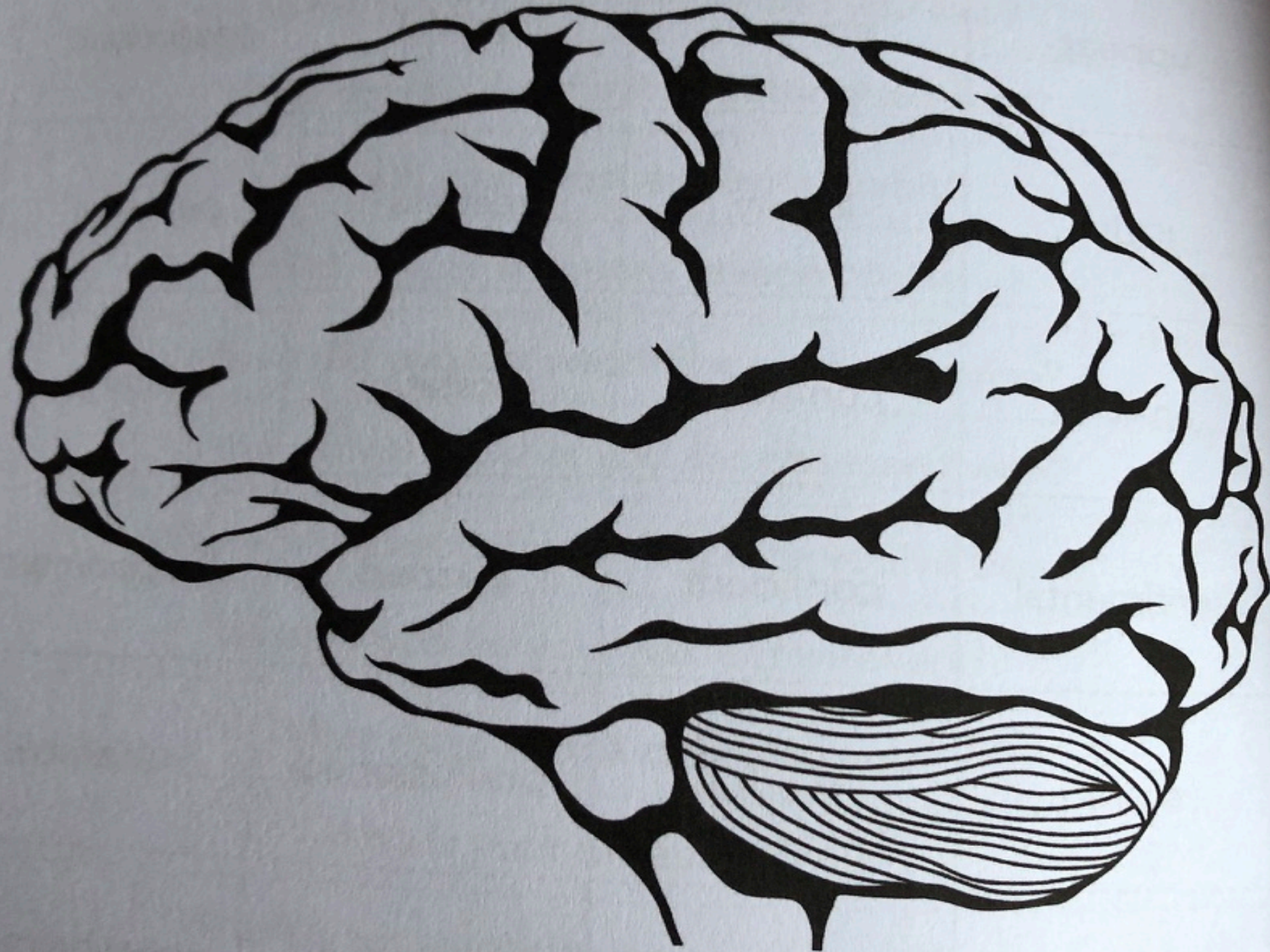
I'm
struggling.



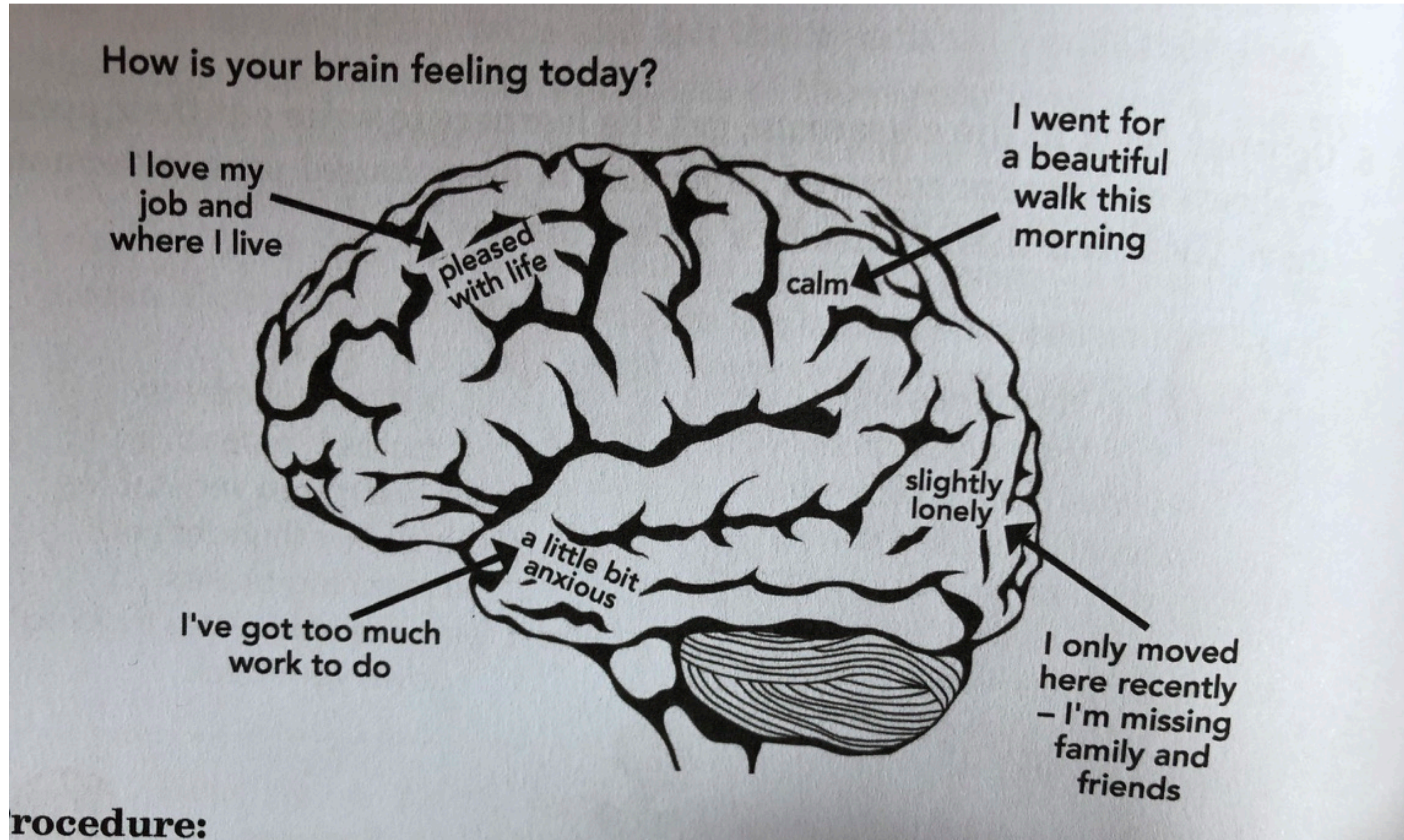
I'd like to
talk.



Brain diagram



HOW IS YOUR BRAIN FEELING TODAY?



**JUST BE YOU
— REAL AND AUTHENTIC**





CONNECTION TO WONDER

nature / videos / books / films / stories

“Writing with grace and heart, Jonah Paquette brings together fascinating science and practical suggestions to help readers enjoy the benefits of awe in everyday life.”

—RICK HANSON, PhD, author of *Resilient*

AWESTRUCK

HOW EMBRACING **WONDER** CAN
MAKE YOU HAPPIER, HEALTHIER,
AND MORE CONNECTED

JONAH PAQUETTE, PSYD

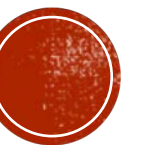


AWESOME!



Photo by [Alfred Aloushy](#) on [Unsplash](#)







GET OUTSIDE + CONNECT WITH NATURE

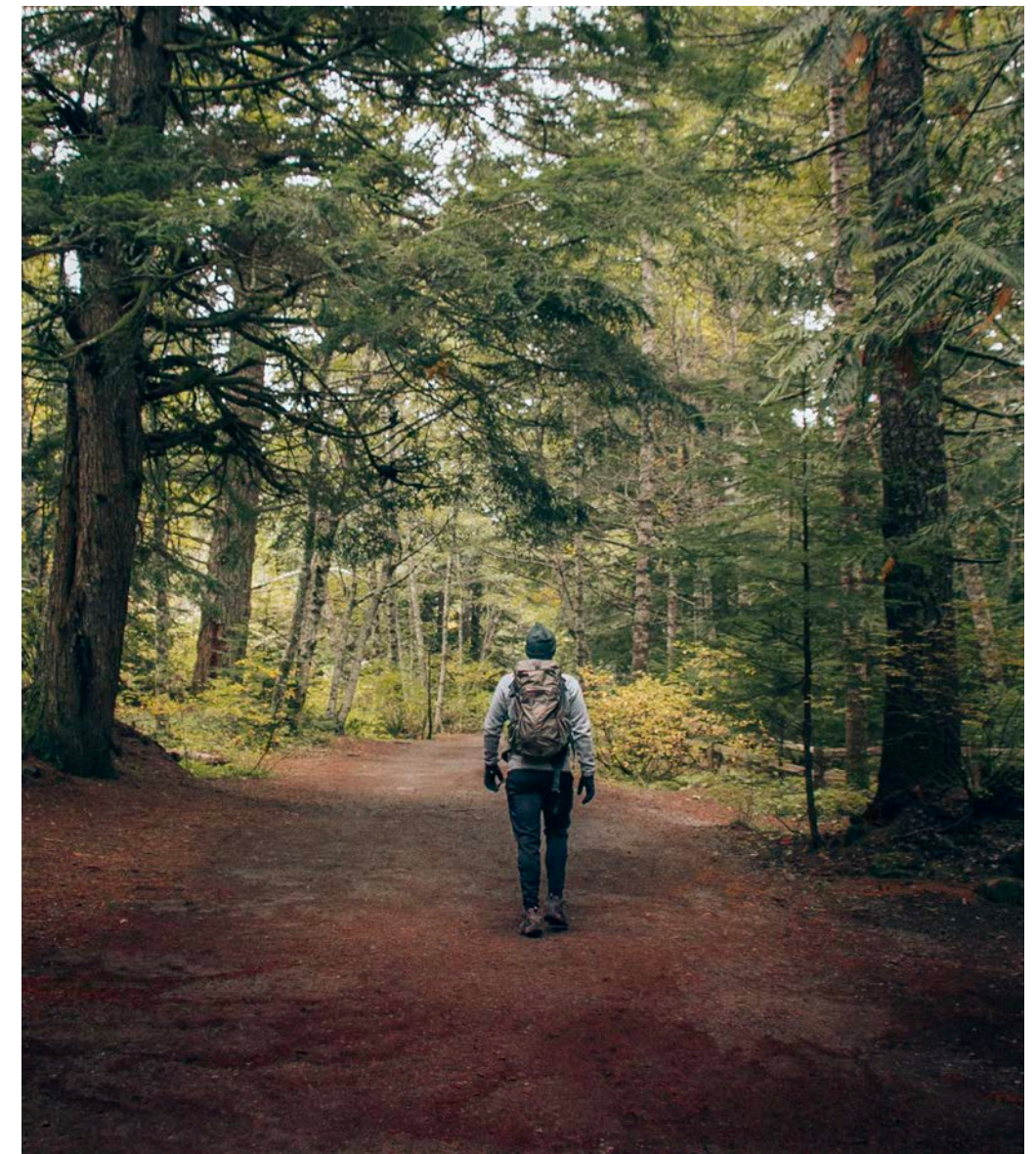


Photo by [Viviana Rishe](#) on [Unsplash](#)

Go for a (wonder) walk / a hike / sit by a river / spend some time in nature / go outside and get active / stretch / breathe fresh air and enjoy the view / swim in the ocean / garden / feel the sun on your face / walk the dog / get a pot plant / listen to birdsong etc.

SLOW DOWN . . .

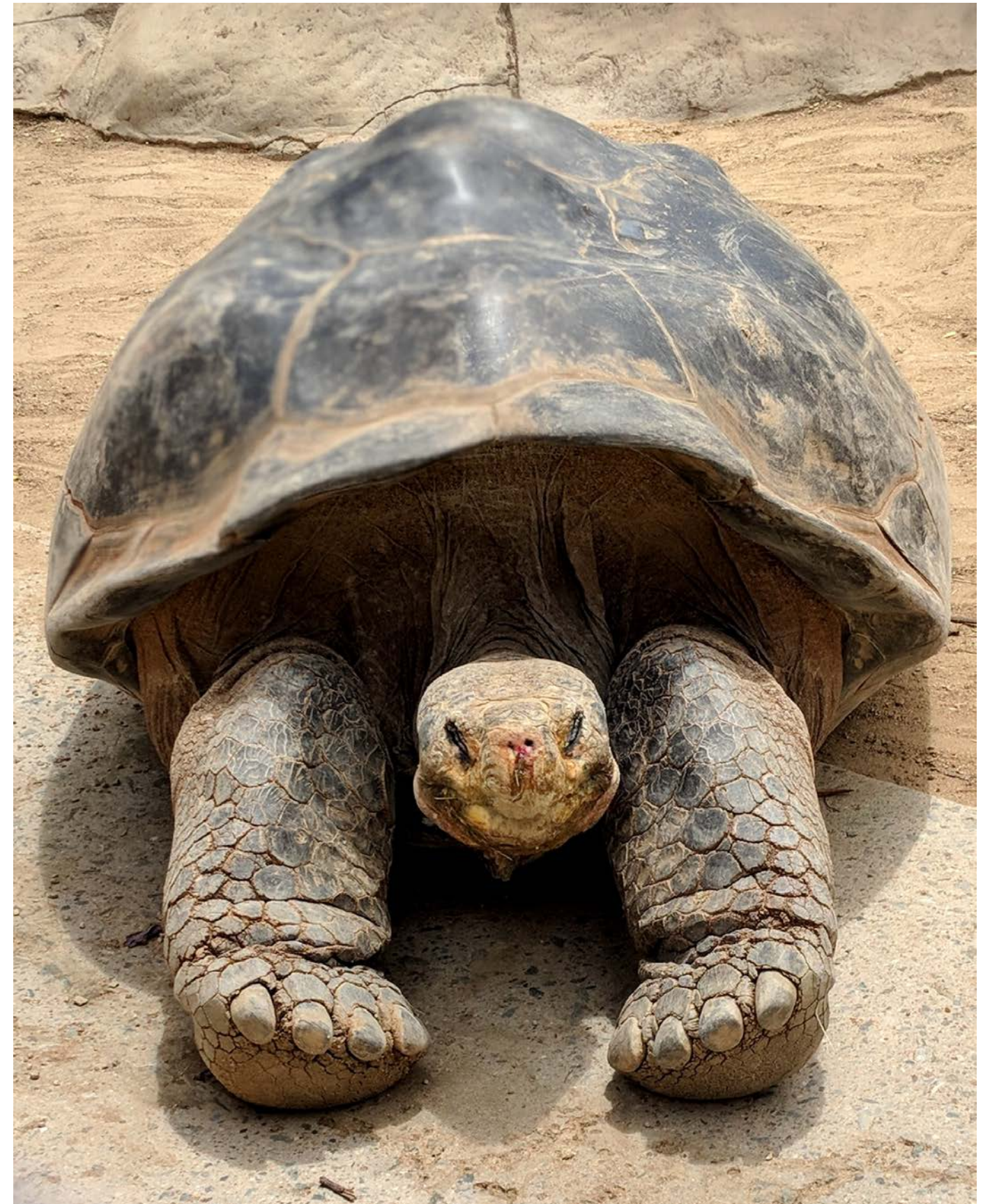
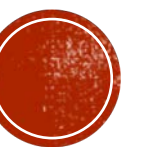


Photo by [Francis Costa](#) on [Unsplash](#)



CONNECTION TO NATURE

Five beautiful things ...



Photo by [Shane Rounce](#) on [Unsplash](#)





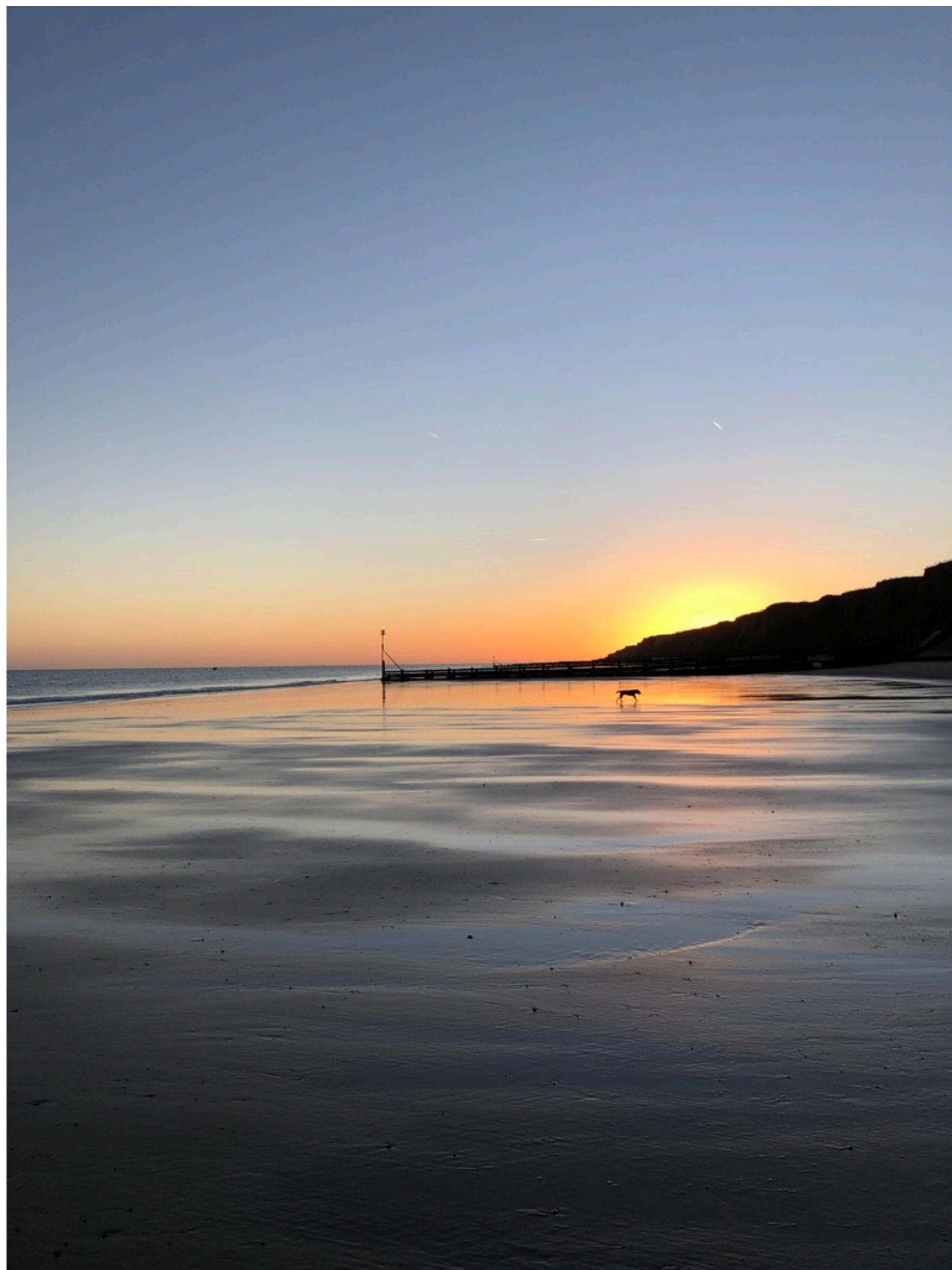
DO SOMETHING NICE



Photo by [Rudy Issa](#) on [Unsplash](#)

Have a 'me' day – an artist's date / a mental health day – read, sleep, bake, meet a friend, go for a coffee, go to an art exhibition, do something that lifts you, sit in a bookshop, get your hair done, go to a music gig / dance (like nobody is watching you).

**WHERE'S YOUR HAPPY
PLACE?**





PRACTISE GRATITUDE

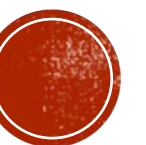


Photo by [Towfiqu barbhuiya](#) on [Unsplash](#)

Think of five to ten highlights at the end of every day / say 'thank you' and 'sorry' / do an act of kindness or a favour for a friend or neighbour – show them that you appreciate them / volunteer your time to help others

AN ATTITUDE OF GRATITUDE

- Think about a recent conversation or interaction with a colleague or a student that you have been grateful for. Tell a partner.
- Take a gratitude pause - a mental break.
- Friday Five.





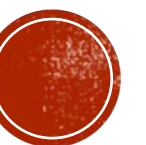
ACTIVELY (RE)CONNECT WITH OTHERS



With family /reconnect with an old friend / talk to a stranger / hug someone properly (for a long time) / cuddle the cat / send a card / focus on good communication / listen / pay attention / limit social media (it's like junk food) / join a group that shares your interests or goals / reach out to ONE person each day to connect

CONNECTING WITH YOUR LEARNERS

- **TELL STORIES** – Reveal who you are, use authentic personal stories to connect
- **BUILD BRIDGES** – Ask questions, share feelings, music / dancing / videos / games / humour – meet them where they are / develop an interest in their interests.
- **CULTIVATE CONNECTIONS** - Two-minute meetings / first five minutes (ffm)





MAKE A PLAN / SET A GOAL

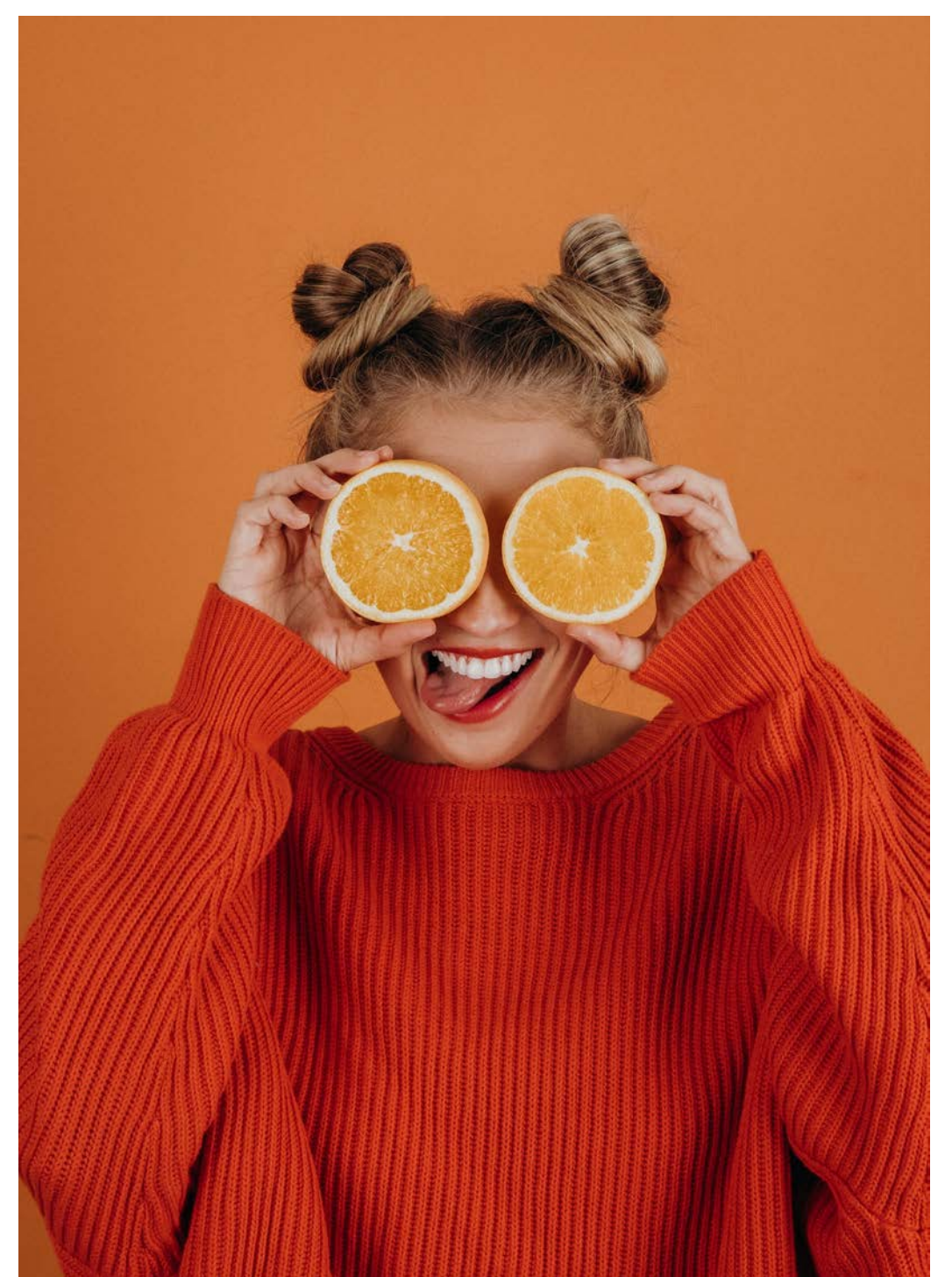


Photo by [ARA CHO](#) on [Unsplash](#)

Make a commitment to do something (take up yoga) /
make a plan to get together with people / invite
someone for dinner / do a course / workshop / plan a
museum trip / a holiday



GET CREATIVE

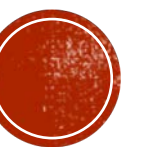


Make something from scratch – art / clothing / food (cook with a friend, or family) / lesson materials / woodwork / write a book or short story / draw / paint / join a creative workshop or retreat (in person or online)

7 WAYS TO FEEL MORE CONNECTED

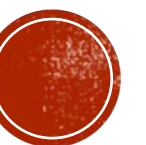
- Check in with yourself
- Go outside / connect with wonder
- Do something nice
- Practise gratitude
- Actively (re)connect with people
- Make a plan / set a goal
- Get Creative

Which of these have you done recently? Are there any you would like to do more?



**“In our increasingly
divided and digital world,
human connection is more
important than ever...”**

(Ivan Cash)



“

There are amazing opportunities for connection all around us, we just have to take the time to notice and make the most of them.

Ivan Cash





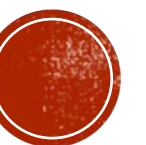
*Connection is at the
heart of what we do*



CONNECTIONS MATTER

LET'S CONNECT . . .

- www.antoniam-clare.com
(sign up to hear about creative retreats and online courses in 2023)
- Facebook: [antoniam.clare](https://www.facebook.com/antoniam.clare)
- Instagram: [antoniamclare_art](https://www.instagram.com/antoniamclare_art)
- antoniamclare@aol.com



THANK YOU!



BBC

Speak-out

3RD EDITION

A2



Frances Eales | Steve Oakes

Student's Book and eBook

with **Online Practice**



SPEAKOUT

Connecting with the real world

“

There are those who still imagine knowledge as a personal possession acquired in private, but increasingly the view is that knowledge is a social entity – something shared – ‘the essence of human knowledge is that it is shared’ and as such is part of the human sociocultural fabric.

Mercer, 2006

