

# With Conscious Discipline, Every Teacher Has the Capacity to Be the Teacher We All Want to Be

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## Culture of Power

What was the culture of power in your home of origin?	
What is the culture of power in your current home?	

How do these models of power affect your current teaching/workplace practices?

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## The Stories We Tell Ourselves

*"Thoughts are changeable; feelings must be regulated."* – Dr. Becky Bailey

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**CD Self-Talk for Adults**

1. What's a story I am telling myself?
2. What feeling can I pull out of the story?
3. How can I manage that feeling?
4. What's the new/real story?

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*Remember that true love does not demand perfection. To truly love someone is to see the best in them, especially in the moments they are at their worst.*

## Seeing Yourself with Loving Eyes

Sometimes, when I am doubting myself, I think \_\_\_\_\_

\_\_\_\_\_.

But that is just a story I have told myself. In reality, I am someone who is

talented at \_\_\_\_\_ and someone who is passionate about

\_\_\_\_\_.

What really makes me come alive and fuels my fire is \_\_\_\_\_

\_\_\_\_\_.

I do my job because \_\_\_\_\_

\_\_\_\_\_.

So, on days when it's hard to see the best in myself, I will remind myself,

"\_\_\_\_\_ [your name],

you are \_\_\_\_\_ [positive trait or strength],

you are \_\_\_\_\_ [positive trait or strength],

and you are \_\_\_\_\_ [positive trait or strength].

You have a gift for \_\_\_\_\_.

You are meant to be here.  
You are worthy of love and belonging.  
Your communities need you."

That is why I am proud to say that my name is \_\_\_\_\_,

and I am \_\_\_\_\_.