**The Woman Behind The Teacher (Whole Being)**

\***Purpose:** 1. The more aware of who we are the more aware and available we can be for the children and the people that we work with.

Greater awareness that we have of our own limitations, self awareness, self responsibility promotes greater awareness of the child’s strengths, acceptance, and responsibility for the classroom.

Know yourself to know others.

2. The more satisfied and content you are the more likely you are to find fulfillment in life…including your job.

**Goals: Pre-conversation 15 minutes**

* What is a whole being? A healthy being? Balanced woman? Professional and Personal?
* To recognize who and where you are: physically, emotionally (self-esteem), spiritually, socially, mentally
* Recognize where you want to go and who you want to be
* Help merge ourselves with our work selves
* Recognize things that might hinder us from being a whole person
	+ Time
	+ Beliefs/Values
	+ Expectations: from others and ourselves
	+ Commitments
	+ Lack of resources: wisdom, degrees, financial, support, etc.
	+ Physical limitations
	+ Ourselves
* If I could be who I want to be how might I do that?
* What might I take from the front of myself to the back and vice versa?
* Talk to your neighbor about who you are.
* Use of visualization..teach skills
* What are the steps I need to take to help me to become a whole being? Or what have I taken to become a whole being?

Project: Everyone get two people cutouts..blank..and a mounting piece of paper..

1. Self Portrait, who are you, your work you? 45 minutes

* Use pictures
* Drawings
* Words
* Markers, etc.

2. Flip over and use the back of your person-non work you.

* Mid exercise..add to one person in the class something that you value in the other person either side….

6. Hindrances to who you are work or non work you.

7. Links: What are ways that I can begin merging these two women…

3. Reflection: **30 minutes**

1. Tell us about your project….
2. Was there any of the areas missing?
3. Did you feel more comfortable doing one side more than the other? Why?
4. If you were to categorize yourself..how much of your person was negative and how much was positive?
5. If you were to categorize yourself into fact or feeling..how would you measure up? Confront irrational thoughts

4. Add to your people if you would like.

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