

NeuroHeart Education Foundation 2024



COURSE PORTFOLIO :

2.2 REFILLING YOUR TANK – HOW TO RECOVER ENERGY



2.2 REFILLING YOUR TANK – HOW TO RECOVER ENERGY - CLARE CRAWFORD

ABSTRACT

Teaching can drain your tank faster than a heatwave in the Sahara. Day after day, year after year, you concern yourself with the wellbeing and development of your learners and your school as well as your personal circle. Without attention, you can find yourself running on empty. This has a huge impact on your emotional and physical health. You can't afford to ignore YOUR essential energy sources.

This practical and reflective course aims to help tired teachers identify, secure and replenish their personal resources so they can approach their professional and personal lives with renewed hope, energy and determination!

STRUCTURE

3 x 3-hour online sessions



COURSE CONTENT

SESSION 1

Introduction to fuel sources:

- Personal drivers and different types of connection
- (Re)discovering your own wells
- Action planning

SESSION 2

The bumps on the horizon and the potholes in the road:

- Identifying external obstacles and strategies to overcome them.
- Establishing your minimums
- The neuroscience of habit
- Creating lasting habits
- Action planning

SESSION 3

The energy siphons - and how to set boundaries

- Working with your inner critic
- Reflective practice





ABOUT CLARE

I'm a licenced Professional Neurolanguage Coach® and Coach trainer (US and European trademark Rachel M Paling) – certified by Efficient Language Coaching and accredited with the International Coaching Federation.

Born in Northern Ireland, I spent many years roaming the United Kingdom before settling in France in 2009. I began my career in public relations and marketing, then moved to teaching English Language and Literature in state and private secondary schools. As well as working with pupils aged 11-18, I trained and mentored teachers, focusing on how to adapt teaching strategies and tools in order to engage and inspire young learners.

When I moved to France, I also made the move to teaching adult ESL learners. My work in research laboratories, heavy and light industries, business schools and the European institutions in Luxembourg, foregrounded two questions again and again: how do we learn best and how do we make room for real skills acquisition when we're faced with heavy demands on our time and energy?

These questions led me to search for, and find, Neurolanguage Coaching! In my spare time, I lift weights, listen to and play music, and try to learn as much as possible about why we think and act the way we do. I work in English and French, face to face and online.



CONTACT

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