

COACHING GUIDEBOOK

# Brain-Compatible Teaching & Learning

Session Three: Social Supports

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*Coaching Series*

LIVE  
MONTHLY  
MEMBER BENEFIT

# Hello again :)

I recently interviewed Dr. John Medina and he said that teaching is one of the only professions in which the members don't study (in school) the very thing they are trying to shape—the brain.

And, because we think it is extremely important to let brain research influence our teaching practice, we are going deeper on six concepts mentioned in the interview in our summer coaching sessions. This is the third session, and we'll focus on bringing social supports into our lives to manage daily stressors. For past sessions, follow the link below.

Use this guidebook to collect your thoughts and aha moments throughout the session. Thanks for being here today!

*Gail*

## Additional Resources



**Did you sleep well last night? This question illustrates the link between work and home. Why do you think you slept the way that you did?**

**Dr. John Medina states: You don't have a "work brain" and a "home brain". You have a single brain functioning in two places. Work-life balance is a struggle between priorities, which mostly comes down to managing the \_\_\_\_\_ .**

**When the professional and personal life don't get in the way of each other, life can be \_\_\_\_\_ . In the real world, however, life is seldom \_\_\_\_\_ .**

**What does "work-life balance" now mean to you?**

**To manage work-life balance, Dr Medina says to do these two things?**

**1.** \_\_\_\_\_

**2.** \_\_\_\_\_

**What are your stressors?**

**List all the social supports you can think of that would help you manage?**

**Now choose two social supports that you will deliberately bring to your life in the next two weeks.**

1. \_\_\_\_\_

2. \_\_\_\_\_

**What social supports might you bring to your students' lives in your classroom?**