

Neptune Township School District PD Session 1

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Appelbaum Training Institute
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Appelbaum Training Institute



I am so glad you are here! This first session is designed specifically for helping you recall “your why.” It is packed with useful information and usable strategies

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Discover fresh ideas, tips, and strategies to elevate your teaching game!

📚 Strategies that WORK.

✨ Resources you'll LOVE.

💡 Encouragement to KEEP GOING.

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Remembering Your Why

“Teaching asks so much of you. This morning is not about adding more to your plate. It’s about reconnecting with the purpose that brought you here and the purpose that keeps you here.

“You already know your why. You live it. This session is about recognizing how it shifts as you do.

Childhood has changed. Teaching has changed. The world has changed. The why typically evolves too.

One Word Whys

1. Belonging	8. Hope
2. Community	9. Impact
3. Confidence	10. Purpose
4. Connection	11. Resilience
5. Curiosity	12. Safety
6. Empowerment	13. Stability
7. Growth	14. Trust

One Sentence Whys

1. I want every student to walk into a room where they feel noticed, valued, and protected.
2. I teach because I love watching a student’s eyes light up when something finally makes sense.
3. I had a teacher change my life and I want to do the same for others.
4. I teach because I want students to see their strengths, not their limits.
5. I love the laughter, the silliness, the “aha” moments, and the magic that happens in a classroom.

My What - I know what I do.

My How - I _____ know how I do it.

My Why - I _____ know why I do it.

Our What - We know what we do.

Our How - We _____ know how we do it.

Our Why - We _____ forget why we do it.

The purpose of life is a life of purpose.” – Robert Byrne

Strategies for Maintaining the "Why"

- Reflect on Your Journey.
- Celebrate Big and Small _____.
- Revisit Success _____.
- Create a Motivation Board.
- Remember _____ from Families.
- Make Time for _____.
- Embrace the Power of Play.
- Find Your Favorite Teaching Moments/Activities.
- Remind Yourself of the Bigger Picture.
- Mentor/Help Another _____.
- Observe a Student's Breakthrough Moments.

What's My Why?

• "I teach because..."	"A student who changed me was..."
• "I feel least successful..."	"A time I almost quit but didn't..."
• "The students in my room need me to..."	"A moment I knew I mattered..."
• "I feel most successful when..."	"A moment I'll never forget..."

More Strategies

Cultivate a positive mindset.

The mind is so powerful that more than 30% of people who take a fake pill, think it is _____.

The _____. There's nothing in the pill but the belief that it works.

Remember your "why" may and probably will evolve over time.

Reflect on your "why" when you're struggling and when you're thriving.

Knowing your "why" makes you more resilient to burnout.

Your "why" may not be the same as your _____ why.

Sharing your "why" with others can strengthen team culture.

Remembering your "why" helps you make tough decisions.

Burnout is not a sign that you've _____ career.

Reflecting on positive moments reignites the passion for teaching.

Your "why" is not a fixed statement that _____ changes.

"Your 'why' is not just a reason.

It's a reminder. A reminder that what you do matters and you make a difference."

MY PRESENCE MATTERS!

My energy, my words, and my example leave lasting imprints.

“When I feel discouraged, I want to remember...”

“My ‘why’ today is...”

Remembering Your Why Enhances Your Well-Being

Knowing your why positively influences both mental and _____ health, and research backs it up. Educators work in environments that can be both emotionally and physically demanding, so having a strong sense of purpose can truly affect how you feel and how you show up each day.

Emotional & Psychological Benefits

- **Reduces _____:** Teachers with a clear sense of purpose report lower stress levels and higher job satisfaction, even when challenges persist.
- **Improves Emotional _____:** Your sense of purpose is what steadies you when things get hard. When you’re clear on why you’re there, it becomes easier to meet conflict or classroom chaos with empathy instead of frustration.
- **Boosts Happiness & _____:** Teachers who focus on impact rather than tasks feel stronger satisfaction.

Physical Health Benefits

- Lower blood pressure
- Stronger immune function
- Better sleep quality
- Reduced inflammation and pain perception
- **Purpose Acts as a Buffer Against Stress:** Stress is linked to fatigue, headaches, and emotional exhaustion.

Rate yourself from 1–5 on:

Energy
 Joy
 Purpose
 Stress
 Connection

Which number needs the most attention today?

How Does Your Why Strengthen This Area?

Emotional health

Physical health

Classroom climate

Student relationships

Professional identity

***“Your why is not a sentence you write.
 It’s the lives you shape.”***

Marty Appelbaum