

# EICS CONNECTIONS PROJECT



## Jody Carrington 'What's Your Why?'

[Video](#)



### Key Understandings:

- What you do is holy work. The most important part of this work is how we teach and help our next generation to be different around connection and emotional regulation.
- The importance of Attachment Theory: The only way children learn that they matter is through relationships. The only way children learn emotional regulation is through connection.
- Schools get more time with children than their parents do in a given school week - your relationships with them become critical to parents and families.
- You may never know the impact that you have on the children you work with; but you needed them, and they needed you, at a particular point in their life. You are powerful beyond measure.

### Questions for Discussion:

1. Reflect on Dr. Carrington's question. What is YOUR "why"?
2. Can you think of someone that left marks on your heart growing up? What did they do to create such an impact in your life?
3. After reflecting on how important you are, is there anything you can do to build more relationships with your students?
4. Dr. Carrington talks about how consuming it can be to do your job well. How do you create balance in your life, in order to sustain your "why"?

### Additional Resources:

Dr. Jody Carrington <http://www.drjodycarrington.com/>

Book and website: [Start With Why](#) by Simon Sinek

Video: You will, you can, and you are:

<https://youtu.be/SFnMTHhKdkw>

Video: When teachers find out how students feel about them:

<https://www.youtube.com/watch?v=gANeGBBoSBs&feature=youtu.be>