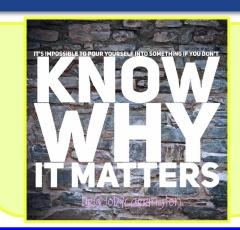
EICS CONNECTIONS PROJECT



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

