

# Teacher motivation



## GENERAL INFORMATION

**Trainer:** Beatrix Price

**Number of participants:** 5-25 people  
**Language:** English



## Highlights:

Professional wellbeing for professional development  
Summer is the perfect time to reflect on our professional life, recharge our batteries and plan the future. Motivation and vision are strongly connected to our hopes, aspirations and wishes which create a carefully cherished positive future self-image. To balance our personal and professional life is of the utmost importance, take a deep breath and dive into the summer with meaningful plans!

## COURSE CONTENT

### Description:

Motivating language teachers with vision  
This training aims to bring attention to vision in the teaching profession, where long-term goals and future plans are combined with tangible images and the involvement of different senses. It offers ideas for how to foster motivation through a process of creating mental images and sustaining them to reach one's goals. The participants are invited to discover how vision and motivation are deeply linked with different self-images, where there is a strong desire for intentional change and a positive future self-image is carefully cherished.

## Aims and objectives:

The aim of the training is to introduce a visionary motivational programme for teachers that they can also use in their classrooms with their language learners through introducing the concept of possible selves for both language learners and language teachers. We will begin with the ideal self, which consists of our hopes, aspirations and wishes, and bridging the gap between the ideal self we aspire towards and our actual self. We will then visit the counter-acting feared possible self, which consists of all the possibilities that we'd like to avoid. Finally, we will become acquainted with the ought-to self as well, which reflects the social pressures associated with the expectations of the social environment. This is all for our own professional wellbeing to avoid burnout and keep being motivated in our profession.

## Learning outcomes:

Language educators will be able to connect to everyday practice through imaginative and practical communicative tasks. Methodological suggestions will illustrate how to use ideas for professional development or classroom use. Sequencing the visionary motivational programme for teachers (based on Hadfield & Dörnyei, 2013) to create the desired Possible Selves can be applied to teachers as well in order to sustain motivation throughout our profession.

## Target group:

Teachers of any subject / any age

**Required language level of the participants:** English, B2

**Duration:** 35 lessons, 7 days

# Schedule\*



<b>SUNDAY</b>	<ul style="list-style-type: none"><li>• Get to know each other with trainers and the other participants and location of the course, warm up</li></ul>
<b>MONDAY</b>	<ul style="list-style-type: none"><li>• Teacher motivation</li></ul>
<b>TUESDAY</b>	<ul style="list-style-type: none"><li>• Milestones in my professional life</li></ul>
<b>WEDNESDAY</b>	<ul style="list-style-type: none"><li>• Teacher wellbeing</li></ul>
<b>THURSDAY</b>	<ul style="list-style-type: none"><li>• Goals, plans and aspirations</li></ul>
<b>FRIDAY</b>	<ul style="list-style-type: none"><li>• Visionary motivational programme</li></ul>
<b>SATURDAY</b>	<ul style="list-style-type: none"><li>• Future plans</li><li>• Compulsory relationship building program, evaluation, handing over diplomas,</li><li>• Closing of the course</li></ul>

## \* Notes:

- the schedule describes likely activities but may be modified in accordance with the requests and needs of the participants;
- presentations of the participants' schools may be divided up and take place after the breaks on each day of the course.

## Readings, materials, learning resources and useful links:



- TBD

## ADDITIONAL INFORMATION

### Certificates awarded:

Certificate of Attendance, Europass certificate and/or Learning agreement complement

**Price:** EUR including course, Erasmus+ documentation and a cultural activity

**Location:**

**Date:**



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