


Work/Life Balance Ideas
Let's take this back to YOUR State!
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Questions to Guide Discussion:

1. What are we doing on a national level to address work/life balance issues in agricultural education?
2. What components of the national programs can be **replicated effectively** on the state level?

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National Programs Addressing Work/Life Balance Issues



- **Teachers Turn the Key Professional Development Program**
 – For teachers in their 2nd-4th years of teaching agriculture

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National Programs Addressing Work/Life Balance Issues



- **XLR8 – Experienced Teacher Professional Development Program**
 - For teachers in their 7th-15th year of teaching agriculture

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National Programs Addressing Work/Life Balance Issues

- **NAAE Convention Professional Development Workshops**
 - Available to teachers attending NAAE Convention


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Components of our national programs:



- Work/Life Balance
- Time Management
- Effective Delegation
- Stress Management


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Work/Life Balance Component:

- **Focus: Develop a healthy balance between professional/work, relationships, and self.**
- Use the *Juggling Elephants* book by Jones Loflin and Todd Musig to guide participants through understanding how to “juggle” their three rings



Work/Life Balance Component

STATE LEVEL REPLICATION

- Engage current or former XLR8 participants to present workshop
- Provide 2-3 hour workshop related to work/life balance
- Provide participants *Juggling Elephants* book as resource
- Use workshop handouts and outline created by National Teach Ag Campaign and companion worksheets from Jones Loflin to facilitate workshop


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Time Management Component:

- **Focus: Develop time management skills and practices that allow for more quality time to balance work, relationships, and self.**
- Use the *Eat That Frog* book by Brian Tracy to introduce/remind participants about how to get more done in less time.
- Provide proven strategies related to time management







Time Management Component

STATE LEVEL REPLICATION

- Engage current or former XLR8 participants to present workshop
- Applicable to all levels of teachers – good concept to even include in new teacher/beginning teacher workshops
- Provide 60-90 minute workshop related to time management
- Provide participants *Eat That Frog* book as resource
- Use workshop handouts and outline created by ag teachers and NAAE to facilitate workshop
- Great book for a state level book club




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Stress Management Component:

- **Focus: Develop stress management techniques to allow for more enjoyment in teaching and relationships/life.**




FOR AG TEACHERS



Stress Management Component

STATE LEVEL REPLICATION

- Provide 60-90 minute workshops related to stress management
- Provide stress relief outlets for teachers during conferences
- Applicable to all levels of teachers – good concept to include in new teacher/beginning teacher workshops
- Use workshop handouts and outline created by ag teachers and NAAE to facilitate workshop – *still in the development phase*




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Delegation Component:

- **Focus: Develop successful habits that create positive outcomes when delegating tasks.**
- Use the *The One Minute Manager Meets the Monkey* book by Ken Blanchard, Wil Oncken, and Hal Burrows to introduce delegation techniques.
- Provide and relate these proven strategies related to the demands of agricultural educators






Delegation Component
STATE LEVEL REPLICATION

- Provide 60 minute workshop related to delegation techniques
- Applicable to all levels of teachers – good concept to include in new teacher/beginning teacher workshops
- Use workshop handouts and outline created by NAAE to facilitate workshop – *still in the development phase*


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Pennsylvania XLR8 Program-Summer 2015


- Using a past NAAE XLR8 participant as the program coordinator/contact
- Providing 8 hours pd onsite during state conference this summer
- Using application process to determine participants
- Secured funding for assistance for travel cost & program expenses
- Providing webinars during the 2015-16 school year for participants
- Creating a private group on NAAE Communities of Practice to continue to connect

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Creating a Culture Within Your State

- Modeling to your teachers good principles of work/life balance
- Including components when designing meetings
- Seek teachers that are doing a good job with their work/life balance



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Thank You!

Questions & Requests
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