

THE EMPIRICAL EVIDENCE			
• Anti-social Behaviour	10%	↓	
• Pro-social Behaviour	10%	↑	
• Academic Achievement	11%	↑	

Durlak et al., (2011)





QUESTIONS

Which students do you understand most?
Least?

How do you interact differently with them?



CONVERSATION

Think of a time when you had a BIG emotion....

POSTIVE or NEGATIVE

Why did you react emotionally like that?

What was the impact of the *emotion* on your
behaviour?

How did it affect others?



It is **my personal approach** that creates the climate.

It is **my daily mood** that makes the weather.

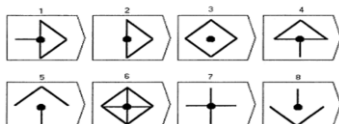
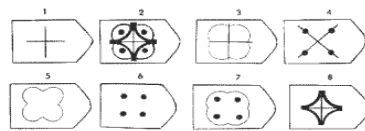
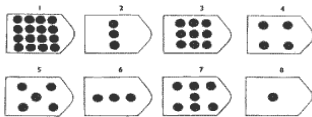
As a teacher I possess tremendous power to make a child's life miserable or **joyous**.

I can be a tool of torture or an **instrument of inspiration.**

I can humiliate or **humour**, hurt or **heal**.

In all situations, **it is my response that decides** whether a crisis will be escalated or de-escalated, and a child humanised or de-humanised.

HAIM GINOTT



What part of

[illegible]

don't you understand?

TURN away

Gottman (1999)

TURN against

Gottman (1999)

TURN toward

Gottman (1999)

STARTING MONDAY (or tonight!)

- **Be aware of your emotions. Monitor them**
 - *Remember, calm is contagious... but so is crazy*
- **Stay in control**
 - *They're teens and they'll act like one. You're an adult. How will you act?*
- **Connect before you correct**
 - *Empathy is the key. Label their emotions. Be ok with emotions. Set limits on behaviour when things are calm*
- **For long-term relationships, keep the relationship primary**

I'd love to visit your school or organisation.

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German English • Germanwings

10 March at 13:55 · [Public](#)

Gestern morgen um 8:40 h stieg ich mit gemischten Gefühlen in einen Germanwings Flug von Hamburg nach Köln. Doch dann begrüßte der Kapitän nicht nur jeden Passagier persönlich, sondern hielt vor dem Start noch eine Ansprache. Nicht aus dem Cockpit, sondern sichtbar aus der Kabine. Darüber wie ihn und die Crew das Unglück getroffen hat. Darüber das auch die Crew ein Trauers Gefühl hat, aber alle freiwillig da sind. Und darüber, dass auch er Familie hat, dass die Crew Familie hat und das er alles dafür hat abends wieder bei ihnen zu sein. Es war völlig still. Und dann hat der ganze Flieger applaudiert. Ich möchte diesem Kapitän danken. Dafür dass er verstanden hat was alle dachten. Und dafür dass er es geschafft hat, dass zumindest ich danach ein gutes Gefühl bei dem Flug hatte.

Yesterday morning at 8:40 h, I got mixed feelings in a Germanwings flight from Hamburg to Cologne. But then the captain welcomed not only each passenger personally addressed even before the start, but from the cockpit, but visible from the cabin. About misfortune has taken him and the crew. In a sinking feeling has also the crew, but all are there voluntarily. And Furthermore, that he also has family, that the crew has a family and he does everything to be with you again in the evening. It was totally silent. And then the whole plane has applauded. I would like to thank the captain. But that he understood has what everyone thought. And for that he managed that at least I had a good feeling about the flight after that.

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