

-
- EMOTIONS DRIVE
- Attention, memory and learning
 - Decision making and judgement
 - Relationship quality
 - Physical and mental health
 - Everyday effectiveness





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 like that? (Self awareness)
What was the impact on your behaviour?
How did it affect others?



I have come to the frightening conclusion that
I am the decisive element in the classroom.

It is my personal approach that creates the climate.

It is my daily mood that makes the weather.

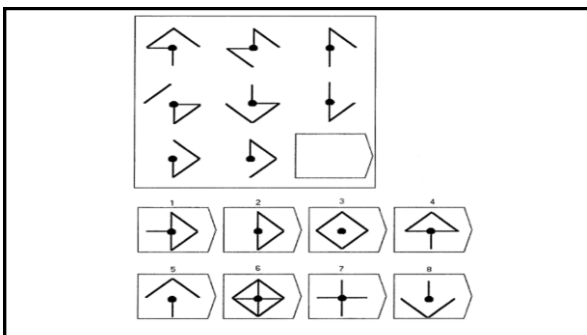
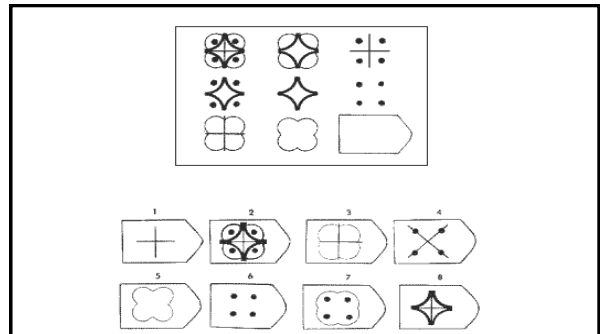
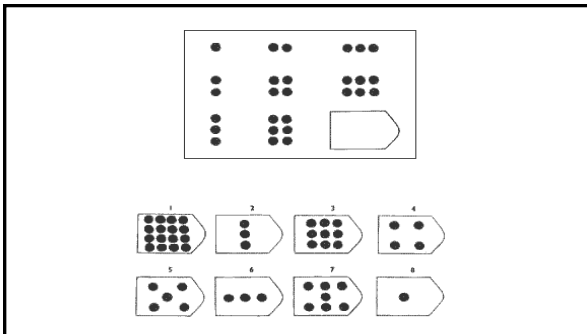
As a teacher I possess tremendous power to make a child's
life miserable or joyous.

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

$$f(x) = \frac{(x^2 - 1)^2}{x^2(x^2 + 1)^2} \quad \text{or } f(x) = \frac{(x^2 - 1)^2}{x^2(x^2 + 1)^2}$$

$$\frac{d}{dx} \left(\frac{(x^2 - 1)^2}{x^2(x^2 + 1)^2} \right) = \frac{2(x^2 - 1) \cdot 2x \cdot (x^2 + 1)^2 - (x^2 - 1)^2 \cdot 2(x^2 + 1) \cdot 2x}{x^4(x^2 + 1)^4}$$

$$= \frac{4x(x^2 - 1)^2(x^2 + 1) - 4x(x^2 - 1)^3}{x^4(x^2 + 1)^4}$$

$$= \frac{4x(x^2 - 1)^2(x^2 + 1 - (x^2 - 1))}{x^4(x^2 + 1)^4}$$

$$= \frac{4x(x^2 - 1)^2(2)}{x^4(x^2 + 1)^4} = \frac{8x(x^2 - 1)^2}{x^4(x^2 + 1)^4}$$

$$= \frac{8(x^2 - 1)^2}{x^3(x^2 + 1)^4}$$
 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
 - 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



PRESENTATIONS

STAFF

- Boosting Positivity
- Force Creates Resistance
- Four Steps to Enormous Emotional Intelligence
- How to Make Year 12 the Best Year Ever (staff)

STUDENTS

- How to Make Year 12 the Best Year Ever
- Pornography — What's the Big Deal?
- Respectful Relationships

PRESENTATIONS

PARENTS

- Ten Things Every Parent Needs to Know
- 21 Days to a Happier Family
- 9 Ways to a Resilient Child
- Parenting Tools to Help Your Adolescent Thrive

CORPORATE

- Rebels in the Workplace
- Counter Balance
- Making Work Matter

Britta Englisch • Germanwings

25 March at 10:55 · [Profile](#)

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 war ich und die Crew das Unglück getroffen hat. Darüber das auch die Crew ein klares Gefühl hat, aber alle freiwillig da sind. Und darüber, dass auch er Familie hat, dass die Crew Familie hat und das er alles dafür tut ebenso 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 so herzlich stark kommentiert. 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. Not 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.

Translated by Bing

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