

**DCC KOTESOL  
PRESENTS:**

# REBUILDING & MAINTAINING TEACHER WELLBEING

Hyperlinked Edition



Saturday, November 27, 2021

1:00 - 6:30 PM



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# This is an Interactive Program Book.

At the bottom of each Presenter's page, you will see the **green navigation panel**, as shown below.

Click on the **Zoom Icon** to be automatically redirected to the Zoom Room for that session. (The Zoom Room passwords were emailed to you, if you registered. Click [here](#) to register before the event!)

Click on the **Black Icon** to be redirected to the Table of Contents.

Click on the **White Icon** to be redirected to the Symposium Schedule.



# INSPIRATION BOARD

"Happiness and well-being are actually best regarded as skills."

~Dr. Richard Davidson

"There will always be someone who can't see your worth. Don't let it be you."

~Mel Robbins

"The reality you experience is a mirror image of your expectations."

~Deepak Chopra

"Health is a state of complete harmony of the body, mind and spirit."

~B.K.S. Iyengar

"Don't take your health for granted. Don't take your body for granted. Do something today that communicates to your body that you desire to care for it. Tomorrow is not promised."

~Jada Pinkett Smith

"Practicing self-love means learning how to trust ourselves, to treat ourselves with respect, and be kind and affectionate toward ourselves."

~Brene Brown

"Anything that's human is mentionable and anything that is mentionable can be more manageable."

~Fred Rogers

"For everyone, well-being is a journey. The secret is committing to that journey and taking those first steps with hope and belief in yourself."

~Deepak Chopra

"Self-care is how you take your power back."

~Lalah Delia

# ABOUT THE SYMPOSIUM THEME



Conversations about health and wellbeing, when not perceived as uncomfortable or naïve, do not tend to extend further than a complaint here or there among close friends or loved ones. Even at our own teacher conferences, ones that are created by teachers, we end up putting teacher wellbeing at the back of our minds. Sure, conferences are here to help all of us learn, and professionally and socially connect. We may end up going home with a few activities or tools added to our Teacher Toolbelt. However, while these conferences are not taking away from our wellbeing we still aren't properly addressing teacher wellbeing.

The fact of the matter is that we are all so used to putting everything else first, from our students, the administrative demands, parent demands, and even cultural differences and/or expectations that we end up ignoring ourselves and what we need. My mother is a teacher, and as a child I have memories of her working horribly long hours. Sometimes she would get up at 6 o'clock in the morning to go to school to prep for her classes.

She would not come home until after 9 o'clock in the evening. Once she pulled the same shift without eating since her ten minute lunch break at 11:30, and another time she said she had a five minute lunch break and only managed to have a bite of her apple before being called away. I have done similar long hours trying to keep up on the demands, and this story may sound familiar to you. Some of us must work all afternoon and evening six days a week without holidays. Others must teach university courses at the crack of dawn, in the late morning, the early afternoon, and then evening classes (which are sometimes handed to us without notice). Or perhaps some of us must spend the entire day with tiny humans barely capable of using a toilet by themselves, and who have no idea what we are saying. The truth is that we teachers are so incredibly important! Without our education, our experience, our willingness to learn and to grow right alongside our students, and the love and care we give to them in the process, the future would be bleak. We are helping to mold the future of the world right in our classrooms.

And yet so many of us feel undervalued, under-appreciated, burnt out with hardly any energy left for ourselves. Some of us may even feel like we are frauds or unworthy (imposter syndrome). This symposium is for all of us educators, no matter where we are or what we are struggling with. I am here to tell you that you have the power to change your not too distant future. It all starts with making small changes in your daily life. By taking more time for yourself, caring for yourself, being kinder to yourself, you can enhance your personal and professional wellbeing. In order to provide the best to our students, we need to start providing the best to ourselves first. It's not selfish, it's necessary for our survival and our success.

It is hoped that with this symposium, more light can be shed on the importance of teacher care. From what wellbeing is and how we can achieve it, this symposium was created with you in mind. I sincerely hope that you enjoy today's sessions, and that you are left feeling more refreshed, more knowledgeable, and more hopeful that you can start to make some positive changes to your life.

Sincerely,  
Sydney Lee  
Symposium Chair

# THE SCHEDULE

	 Click me! <b>Zoom Room A</b>	<b>Zoom Room B</b>
1:00 - 1:30	Opening Ceremony	
1:30 - 2:45	Plenary Session: Curtis Kelly  	Click me!
3:00 - 3:45	Rakesh Lazar "Leaning into Discomfort" 	Silas Harper Bray "HIIT Fitness for Beginners" 
4:00 - 4:45	Dawn Wheeler "My Nourishing Life" 	Petra Glithero-Baldwin "Yoga for Beginners" 
5:00 - 5:45	Katherine Scott "Time Management" 	Petra Glithero-Baldwin "Meditation for Beginners" 
6:00 - 6:30	Closing Ceremony	



# CURTIS KELLY

## REBUILDING AND MAINTAINING TEACHER WELL-BEING

1:30 - 2:45

ZOOM ROOM A

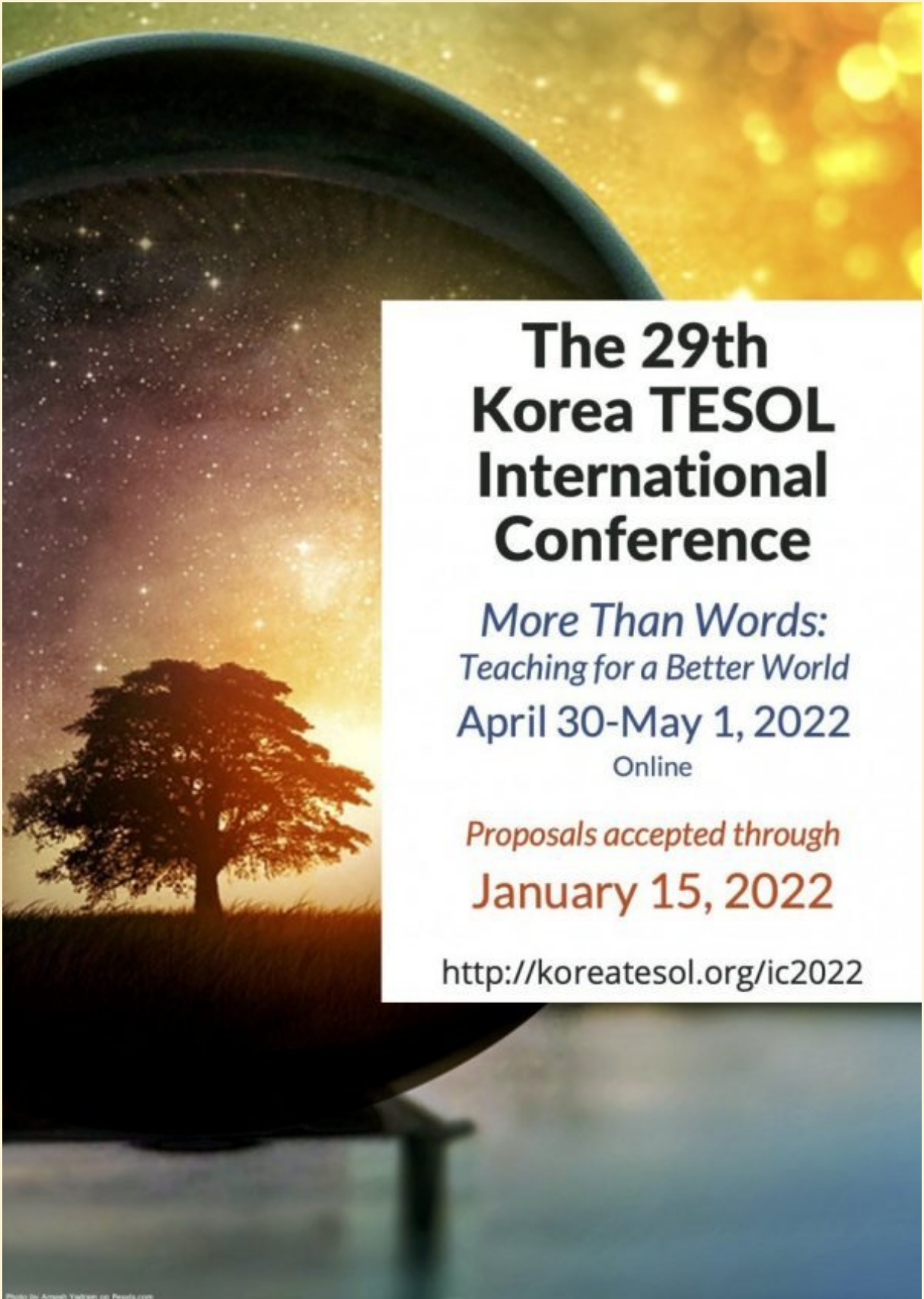
### **Details:**

Teacher well-being is a major factor of learning in the classroom. It is not something we should take lightly. Yet, it is easy to have one's well-being endangered in a job as stressful as teaching, during a disruptive pandemic, while managing life (for some of you) in a foreign culture. So, let's find out what well-being is, whether it be well-being at home or in the workplace, and examine some tools to protect it. After all, you might have a high level of well-being now, but something bad will almost certainly happen to you as time goes on. So, equip yourself now with tools that might increase your resilience.

### **Bio:**

Popular speaker and writer, Curtis Kelly (EdD), has spent his life developing learner-centered materials for "3L" students: students with low ability, low confidence, and low motivation. In pursuit of his life mission, "to relieve the suffering of the classroom," he's written over thirty textbooks full of engaging activities, including *Active Skills for Communication* (Cengage), *Writing from Within* (Cambridge), and *Significant Scribbles* (Longman). He also writes a column on neuroscience for KOTESOL's *The English Connection* (TEC). He is a professor at Kansai University in Osaka and a teaching fellow in the Harvard course, *The Neuroscience of Learning*. He is one of the founders of the FAB conferences, the JALT BRAIN SIG, and producer of the *MindBrainEd Think Tanks*, a magazine that connects brain sciences to language teaching."





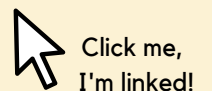
# The 29th Korea TESOL International Conference

*More Than Words:  
Teaching for a Better World*  
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Online

*Proposals accepted through  
January 15, 2022*

<http://koreatesol.org/ic2022>

Website Link



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# RAKESH LAZAR

## LEANING INTO DISCOMFORT

3:00 - 3:45

ZOOM ROOM A

### **Details:**

We all deal with unpleasant emotions in our journey of life. "You need to Accept the reality" is the standard prescription. What does Acceptance look like? How would you navigate the biggest pitfall of Acceptance (Suppression of emotions)? To burst through the current reality, we embrace Discomfort. This phase comes with anxiety filled with uncertainties. What could be a reliable strategy in moving forward? "Disruption of the Old, requires discomfort of the new".

### **Bio:**

Rakesh Lazar is a believer in the quote – 'Your thoughts create your reality'. In 2010, with 5 years of corporate exposure and 2 failed business ventures, he left to South Korea for his MBA. Since then, for 9 years he was a part of the global marketing team at an International Business School. As a professional certified Coach, he facilitates transformation in individuals and teams! As a Design Thinking enthusiast, he delivers courses for students and executives in building their life & business.



**THE  
LAZAR  
ELEMENT**  
UNVEILING YOUR POTENTIAL

# "Make success and money a consequence of what YOU want to do"

- Rakesh Lazar, Mind Transformation Coach


CLARITY


INSIGHT

ACTION



- ▶ **Transformative Coaching:**
  - Self-Rediscovery
  - Performance Coaching
  - Career Transformation
  - Intercultural Success
  - Decision-making Certainty
  - Executive & Leadership
- ▶ **Workshops | Masterclass**
- ▶ **Training & Facilitation**

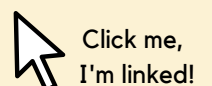
 Seoul, South Korea

 +82 10 6361-9127

 lazar@thelazarelement.com

 www.thelazarelement.com

## Website Link



Click me,  
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# DAWN WHEELER

## MY NOURISHING LIFE

4:00 - 4:45

ZOOM ROOM A

### **Details:**

Dawn's talk will help us with creating a nourishing lifestyle without relying on willpower. It will focus on how to create simple systems that make healthy habits easy to implement.

### **Bio:**

Dawn Wheeler is passionate about creating vitality for herself and her clients through nourishing food and lifestyle. She takes a holistic perspective that the mind affects the body and the body affects the mind. Her coaching incorporates mindfulness practices, nutrition, organization tools, intuition, physical fitness and exposure to nature. Instead of being defined by diet and fitness trends, she prefers to take a "yes-and" mindset and explore what fits for the individual case-by-case. Dawn is a Certified Nutritional Therapy Practitioner and received her certification from the Nutritional Therapy Association. She is currently accepting just one more coaching client in 2021.



*Dawn Wheeler, NTP*  
·NOURISH TO AWAKEN·

I empower burnt-out millennials to break free of the modern grind and create connected and nourishing lifestyles

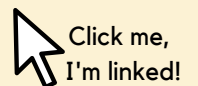
find me: IG @nourish\_to\_awaken / FB Nourished Abroad



*about me*

- moved to South Korea in 2012
- health declined steadily until 2015
- took charge of my health through food and lifestyle in 2015
- became certified as a Nutritional Therapy Practitioner in 2018
- started supporting other expats through nutrition consulting

**IG Account | FB Account**



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# KATHERINE SCOTT

## TIME MANAGEMENT

5:00 - 5:45

ZOOM ROOM A

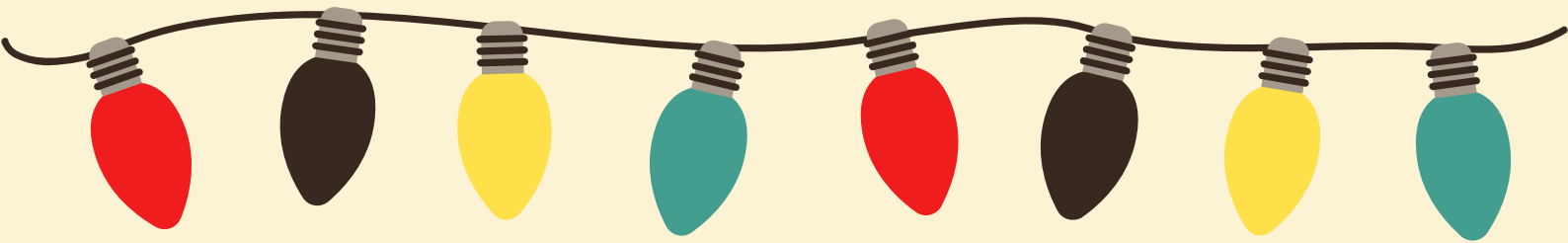
### **Details:**

It's no secret that an organized teacher is a happy teacher. I'll be sharing all my tips and tricks on time management that every educator should know and apply. There are several ways to manage your time in the classroom, so that you can have more time for yourself outside the classroom. "Time is more valuable than money. You can get more money, but you cannot get more time." Jim Rohn

### **Bio:**

Katherine Scott is an Australian ESL teacher at Goheung Boys Middle School. She has taught in South Korea for 3 years, Australia for seven and a half years, and England for two and a half years. Katherine has completed a Bachelor of Education (Early Childhood) and is currently completing a Master of Education (TESOL). She has also taught North Korean refugees and is a sponsor of FSI. Her interests include camping, skiing, baking, reading, ballroom dancing, and watching television dramas.





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# SILAS HARPER BRAY

HIIT FITNESS FOR  
BEGINNERS

3:00 - 3:45

ZOOM ROOM B

**Details:**

Our session today is appropriate for all levels! No equipment needed! We'll be doing body weight movement to target some muscles that need some love but also have some fun! Come join me for a dose of body love.

**Bio:**

I'm a NASM Certified Personal Trainer, and a Level 2 NASM Corrective Exercise Specialist, with 2 years experience in 1:1 personal training and 1 year in group digital training. My specialties lie in pain management, injury prevention, weight lifting from light to Olympic, and strength development for competitions. My interests include of course weightlifting, but also climbing, cooking, and reading as much as possible. Excited to work with you!



**SILAS HARPER BRAY**

# **PERSONAL TRAINER**



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- 1:1 ONLINE ONLY
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- Pain Management
- From beginner to weight-lifter
- Goal and safety oriented!
- Free consultation!

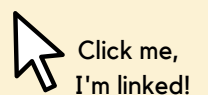
Insta: [@savagewithsilas](#)  
Email: [harperbraysilas@gmail.com](mailto:harperbraysilas@gmail.com)

## **Experience**

**NASM Certified:**  
CPT, CNS, CES

**Other certs:**  
Yoga Level 2,  
Kettlebell,  
Powerlifting,  
Olympic Weightlifting

**IG Account**



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# PETRA GLITHERO- BALDWIN

UNRAVEL THE DESK  
SLOUCH: YOGA FOR  
BEGINNERS

4:00 - 4:45

ZOOM ROOM B

## Details:

Spending hours at a desk does not do good for the body. Unravel the Desk Slouch offers an opportunity to explore yoga without the need for a yoga mat or attending a studio. All you need is some loose clothes, a chair, and wall space (a door will do!); previous experience not needed. This class will guide you to explore how the connection of the breath and movement can help you to feel more focused. You'll leave the class refreshed and with tips on how to practice yoga throughout your hectic teaching schedule, too.

**\*Note:** This yoga session **will not require any special materials** (like a mat), and will focus on easy-to-do stuff. In other words -- **anyone will be able to participate!**

## Bio:

Petra received her 500-hr Yoga Teacher training in India and has been teaching since 2012. She has mainly been teaching Vinyasa yoga (flow yoga), but also offers classes in Yin yoga and meditation. Her yoga research interests are in therapeutic yoga and anatomy.

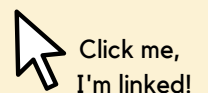
All you need to begin  
your

# YOGA JOURNEY

**is to show up**

yoga with petra

FB Account



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# PETRA GLITHERO- BALDWIN

TIME OUT FOR TEACHERS:  
MEDITATION FOR  
BEGINNERS

5:00 - 5:45

ZOOM ROOM B

**Details:**

Feeling stressed or overwhelmed? Or just generally tired? This introduction to meditation will help to relax your mind and show you how time out from the busyness of life can help you to feel calm and rested. You will need a comfortable place to lie down (or a comfortable chair if you'd prefer to practice sitting up).

**Bio:**

Petra received her 500-hr Yoga Teacher training in India and has been teaching since 2012. She has mainly been teaching Vinyasa yoga (flow yoga), but also offers classes in Yin yoga and meditation. Her yoga research interests are in therapeutic yoga and anatomy.





# DCC DISPATCH

THE BIANNUAL NEWSLETTER OF DCC KOTESOL

June 2021

Vol. 1, No. 1



Photo Credit: International Statistical Cooperation Division, Statistics Korea ([link](#))

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**DCC Members, watch for our upcoming  
Newsletter!**

**Soon to be Quarterly!**



# SYMPOSIUM PLANNING COMMITTEE



**Sydney Lee**

**SYMPOSIUM CHAIR**  
DCC SECRETARY



**Andrew Griffiths**

**PROGRAM CHAIR**  
DCC VICE PRESIDENT



**Mike Peacock**

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CHAIR**  
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**Eric Cebreiro**

**TREASURER**  
DCC TREASURER

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## CONTACT US

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 [Click me,  
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[Our Email Address: dcckotesol@gmail.com](mailto:dcckotesol@gmail.com)



Thank you so much  
for coming to our  
Symposium.

We wish you health  
and happiness, and  
we hope to see you  
again soon.

*Sincerely,  
The Planning Committee*