

Annual Teachers' and Advisers' CPD week 14 - 18 June 2021

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#### Motivation

# What demotivates you?

### Demotivating Factors

The Education System

Social Recognition Lack of Flexibility and Autonomy

Students' behaviour and attitude

Crowded classes

Amount of Work

Unsupportive Relationships

Lack of materials and limited facilities

**Low Wages** 

Lack of intellectual challenge

High expectations

# Any solutions to Demotivation?

### Solutions to Demotivation

Decision-making power

Fair and objective evaluation

Reducing teaching workload and ratio

Administrative and Teaching support

Opportunities for development

Teacher-training programmes (ERA)

Observing colleagues

Work-life balance

Self-motivating strategies

Reflect and analyse

Cooperation and Communication

Empathising with students

Seek professional help

Focus on positive emotions

Avoid excessive negative emotions

Express gratitude

Think or write about happy memories

Revisit images of past learning experiences

Imagine your ideal teacher self in the future

Write narrative descriptions of the teacher you would like to become

Remember why you joined the profession

Recognise your gifts

## Positive Psychology

#### Reflective Techniques

Reflective journals, diaries or portfolios

Communicate with other teachers

Share experiences

Classroom observations

Feedback from teachers, supervisors or students

Record your lessons

**Action Research** 

What motivates you?

### Motivating factors

Recognition

Relationships with Colleagues

Teacher-Student Relationships

Job security

Independence

Working Environment

Successful Activities

Guaranteed Pay

Loving the Subject

Intellectual stimulation

Helping others

Meaningful task

#### Final remarks

Self-care

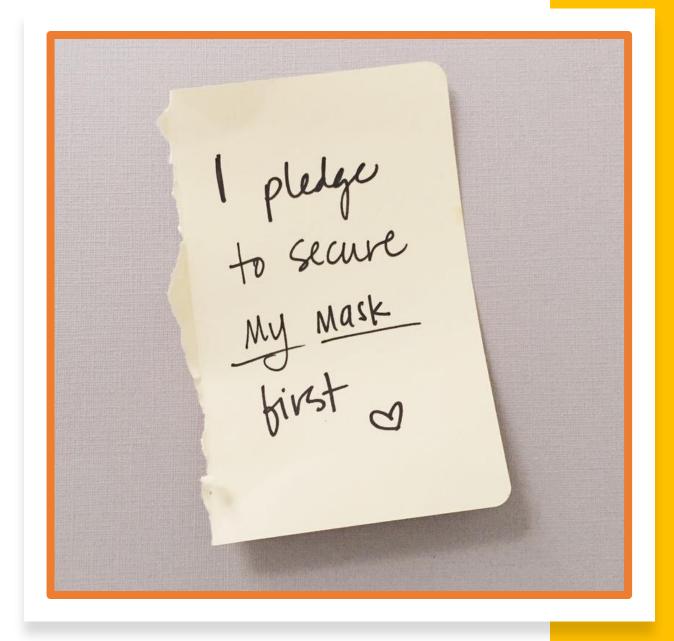


**Motivated Teacher** 

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**Motivated Students** 





# Thank you very much

Any questions or comments?

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