

Work smarter, not harder

Respect



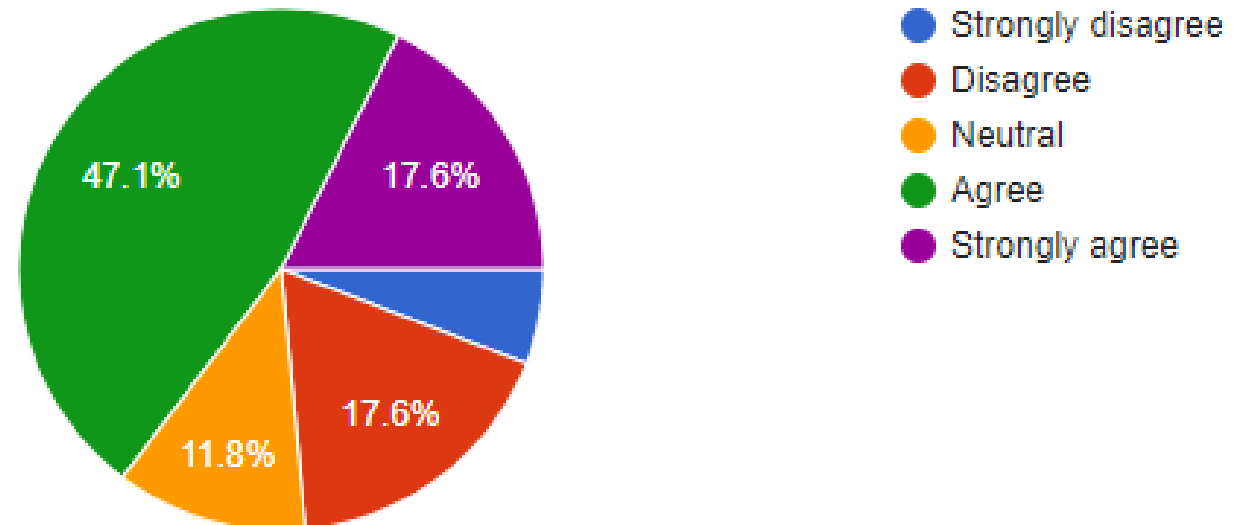
Work is a good thing

Where are you at?

What's the rational for this session?

I can do my job well without having to work excessively long hours.

17 responses



**What are we not
going to do?**

PART 1: Displacement activities



Is the value gained worth the cost?

- Marking test papers at the end of assessment week.
- Spending 45 minutes with a parent who has asked to see you after school.
- Planning lessons.
- Writing ISPs.
- Watching short video clips of yourself teach as part of a weekly reflection.
- Attending an evening meeting/event to show 'moral support' for colleagues.
- Emailing your teaching assistant to share your plans for the week.
- Looking through emails in your 'sent' folder.

Part 2: Working harder vs working smarter...



Strategy: Single tasking

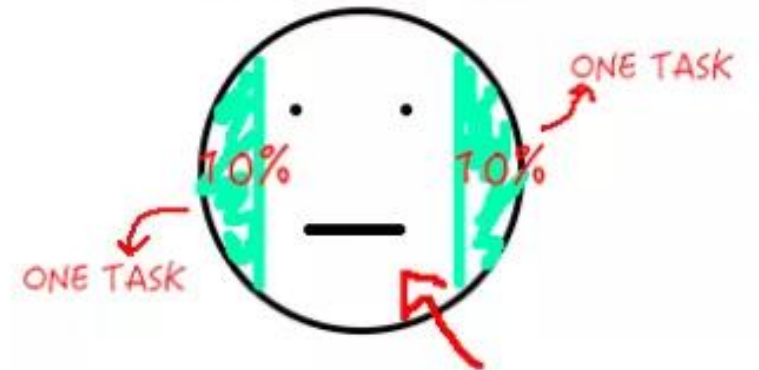
THE MYTH OF MULTITASKING

YOUR BRAIN
ON ONE TASK



(HAPPY BRAIN)

YOUR BRAIN
MULTITASKING



UNUSED BRAIN JUICE

Strategy: Routine



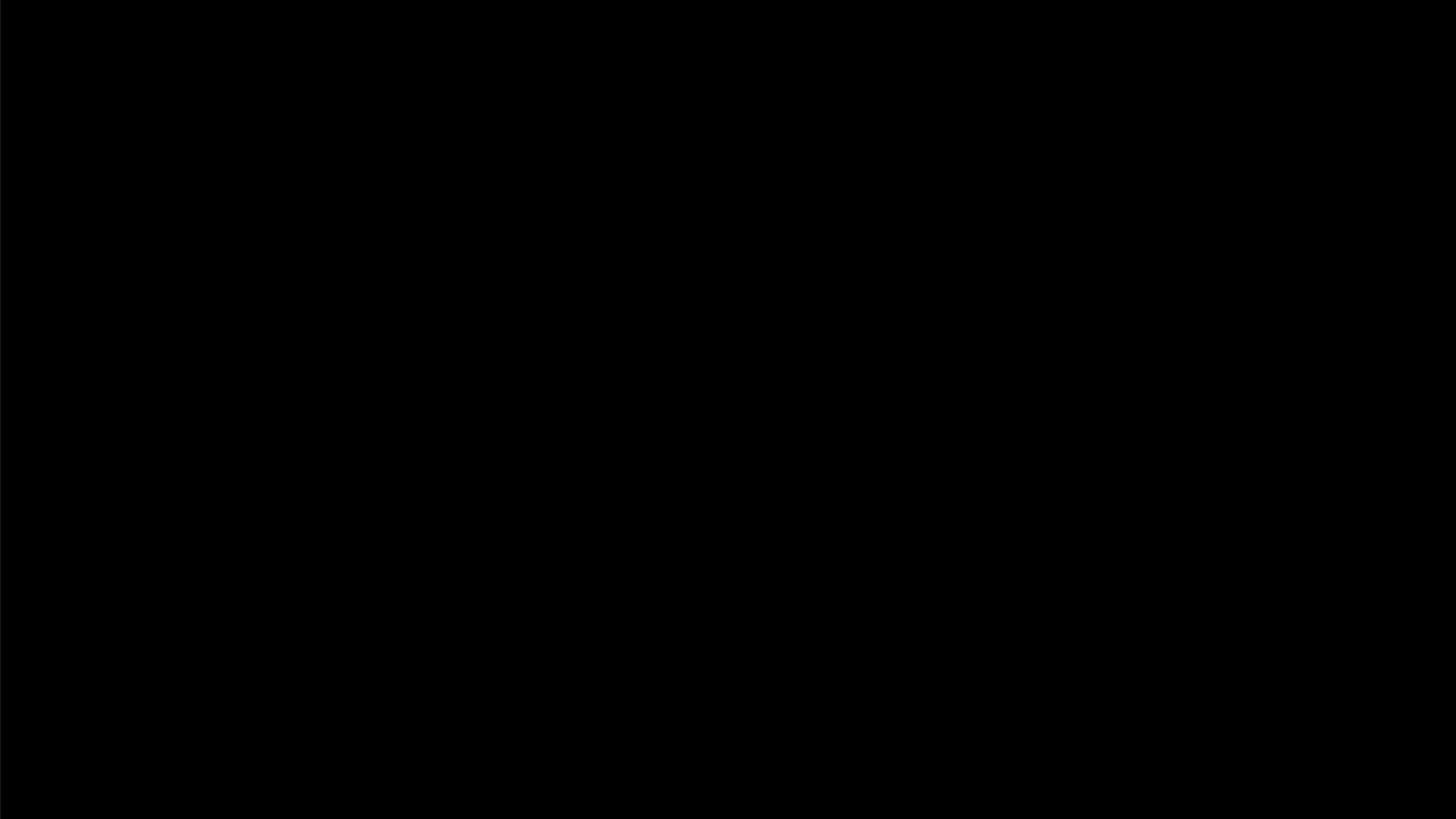
Part 3: Making changes



Part 4: Helping each other



Part 5: Work joyfully



Time to reflect