



HEARTCENTRED
TEACHING

Creating a Conscious Classroom

..... *Becoming a Conscious Teacher Assessment*



Creating a Conscious Classroom

Becoming a Conscious Teacher Assessment

What level of consciousness are you teaching at? – And are you getting the absolute best out of your students?

Curious as to how much influence you really have on your students? ... and if you are really able to teach aligned with your core values?

Take this assessment to find out what current level of consciousness you are teaching at?

Review each statement and indicate on a scale of 1-5, those which resonate with you:

- 1 = This is always true for me.
- 2 = This is often true for me.
- 3 = This is somewhat true for me.
- 4 = This is rarely true for me.
- 5 = This is never true for me.

- The noise level in my classroom is making teaching a challenge
- I feel like I don't know my students as well as I could on an individual basis and what would make them perform better
- It is hard to discuss my student's needs with their caregivers
- With everything I have to do in my day, I struggle to fully meet my students needs
- I sometimes feel overwhelmed in my day
- I find it difficult to adjust my curriculum for students with learning differences
- I struggle to align with my values throughout my teaching day
- I focus on my students' behaviour and can't see the situation from their point of view
- I have clear boundaries and expectations, however I struggle to get my students to align with them
- I feel unable to share my creativity and fun
- I often lose it at my loved ones after a day in the classroom
- I struggle to make self care a priority in my life
- I have become complacent in some aspects of teaching



..... Creating a Conscious Classroom

Add up your scores, If you scored between:

1–24 You are needing support to teach from the heart, to find the same joy in teaching as you desire and to get truly amazing results with your students. Here's what you must do next to [step into experiencing a conscious classroom... check out this 10-minute video](#), where I'll help you identify exactly what your Conscious Classroom could look like – and what you need to do to get there.

25–44 You are well on the way to consciousness, and towards where you want to be as an outstanding teacher, but you know there's another level here's exactly what to do next to [step into experiencing a conscious classroom... check out this 10-minute video](#), where I'll help you identify exactly what your Conscious Classroom could look like – and what you need to do to get there.

50–65 Well done you're already teaching consciously and getting great results, well on your way to being the teacher you so desire to be. If you're ready to [take it to a whole new level check out this 10-minute video](#).

Creating a Conscious Classroom

About Kylie...

Kylie Johnston is a Parent and Teacher Coach, in Auckland, New Zealand.

She helps parents and teachers to gain a deep connection with the children in their lives and believes that connection is the key to all learning.

Kylie and her husband Rhys have three children, two of whom are neuro diverse.

Kylie is incredibly passionate about helping parents and teachers understand and hear children for who they are.

It was when their youngest started school that Kylie woke to the fact that her older two were really struggling in a mainstream learning environment.

It was through her children's school journey that lead Kylie to write a 5 week online programme for teachers, and moved into teacher coaching.

Kylie is incredibly compassionate and empathetic. She has a deep understanding of the struggles some parents and teachers face and has a natural ability to truly hear the needs of a child, helping parents and teachers to support the children in their care and their own resilience, gain an understanding of children and nurture children to thrive.

Kylie Johnston
DIRECTOR

Heart Centred Parenting

www.heartcentredparenting.com



Creating a Conscious Classroom

Testimonial – Fiona Smith, from Auckland, New Zealand

Year 1 and 2 Primary School Teacher

I have had the pleasure of working with Kylie in the Creating a Conscious Classroom course. This has been the root of a major pedagogical shift in my teaching.

As teachers, we are used to professional development and we are consistently looking to upskill and extend our knowledge. However, the development that occurs during this course goes far beyond professional development. The shift in my personal development has been one of the single most important things I have done for my teaching practice.

The connections I have made with my students in the past weeks have been deeper and based on a true commitment to understand who they are. Although I always understood that the relationship between teacher and student is the most important thing to establish before anything else, I now have a greater understanding of ways in which to do this that is powerful and effective for both teacher and students.

The importance of being silly and having fun is highlighted and Kylie has ideas on tap to offer. The soundtrack to the classroom shifts. You can hear the laughter, the banter and the chatter. You can feel the calm and the security. It is a tangible thing that is established through taking a look within and gaining self-awareness. In doing this you are taking control of how you interact with others and are enabled to establish the tone and relationships needed for a successful and harmonious classroom environment.

Suddenly children who were once seen as disruptive or displaying challenging behaviours are now kids of interest and curiosity to me. I can go into detective mode and find the cause of what is going on for them. I now aim to meet their needs and set them up for success rather than react to behaviours.

Teaching is at times overwhelming, for many reasons, and Kylie gives you tools to show kindness and compassion towards yourself. This course has supported me to find ways to take better self-care and find things that are of true interest to me. In making myself a priority, I am now better able to give myself more fully to others. This, in turn, has helped me to focus on all of the things I love about this job and tune in to the most joyful and rewarding parts of it.

Thanks you for resetting me and giving me the tools to meet the needs of my students and take better care of myself along the way. This course is a must-do for teaches at any stage of their career.

It's never too late to start getting our priorities in the right order!