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# Personalized Learning Begins with You

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Coaching and Consulting

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# Welcome

Parent of four

Educator for over 25 years

- Masters of Education
- Certified Strengths

Communicator

- Science teacher
- Social Emotional Learning
- University of MN Extension
- Girls Lead

**Wildewood Learning**

Coaching & Consulting



# Your Intention



# Today we invite you to:

- Discover the strengths in yourself and others
- Reflect on the 10 Characteristics of Learner Centered Experiences
- Actions to create a positive learning experience



# Spark Joy!



# Who Am I?



**Goal:**

Find out more about  
the people in this  
room.

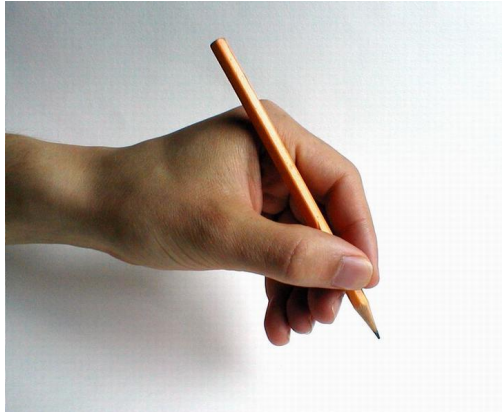
## What is your lens?

- Culture
- Experiences
- Environment
- Gender
- Values



# Handwriting Challenge - Part 1

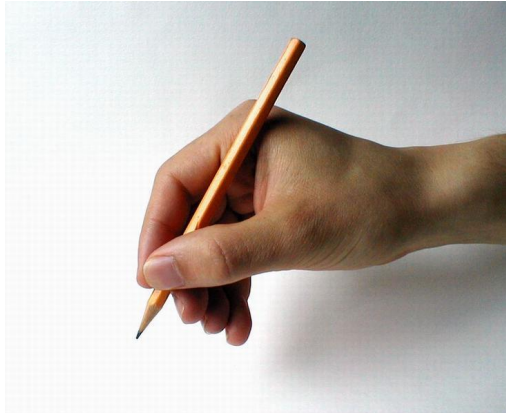
Write your name 5 times with your  
**non-dominant** hand





# Handwriting Challenge - Part 2

Write your name 5 times with your  
**dominant** hand



# Strengths

- You are born with them
- Unique way you see the world
- Used in many different areas of your life
- Talent + time + practice =  
**STRENGTHS**



# Strengths Quadrants

Doer



Human Glue



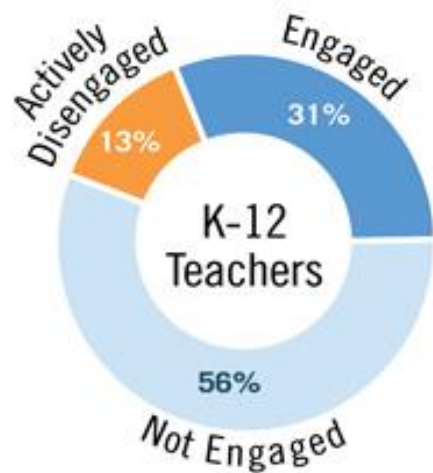
Cheerleader



Thinker



# Teacher Engagement



70,000 U.S. employees were surveyed,  
including 7,200 teachers from K-12 schools.

# Importance of Identifying Strengths



Sets kids up for success

Positive self perception

Manage weaknesses

Communicate the positives



What is your story?



# Values In Action (VIA) Strengths

Creativity Perspective  
Judgment Curiosity  
Honesty Bravery Fairness  
HUMOR Zest  
PERSEVERANCE Teamwork  
Love Kindness Leadership  
Social Intelligence Love of Learning  
Forgiveness HOPE PRUDENCE  
Appreciation of Beauty & Excellence Humility  
Spirituality SELF-REGULATION Gratitude



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# Importances of knowing values



- Reminds of available resources
- Broader perspective
- Encourages to take on challenges
- Despite challenges, things will be ok
- Shows teachers care
- Create a positive cycle



# Different Ways to Look at Strengths

Values in Actions (VIA) Character Strengths

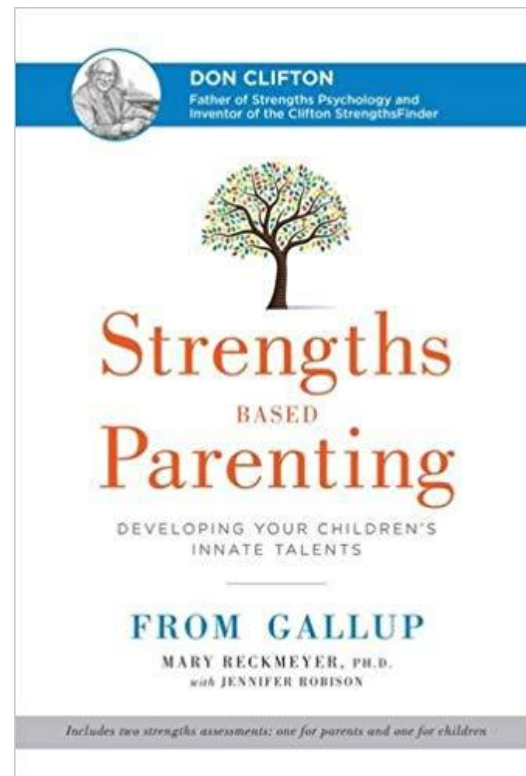
Gallup Tools

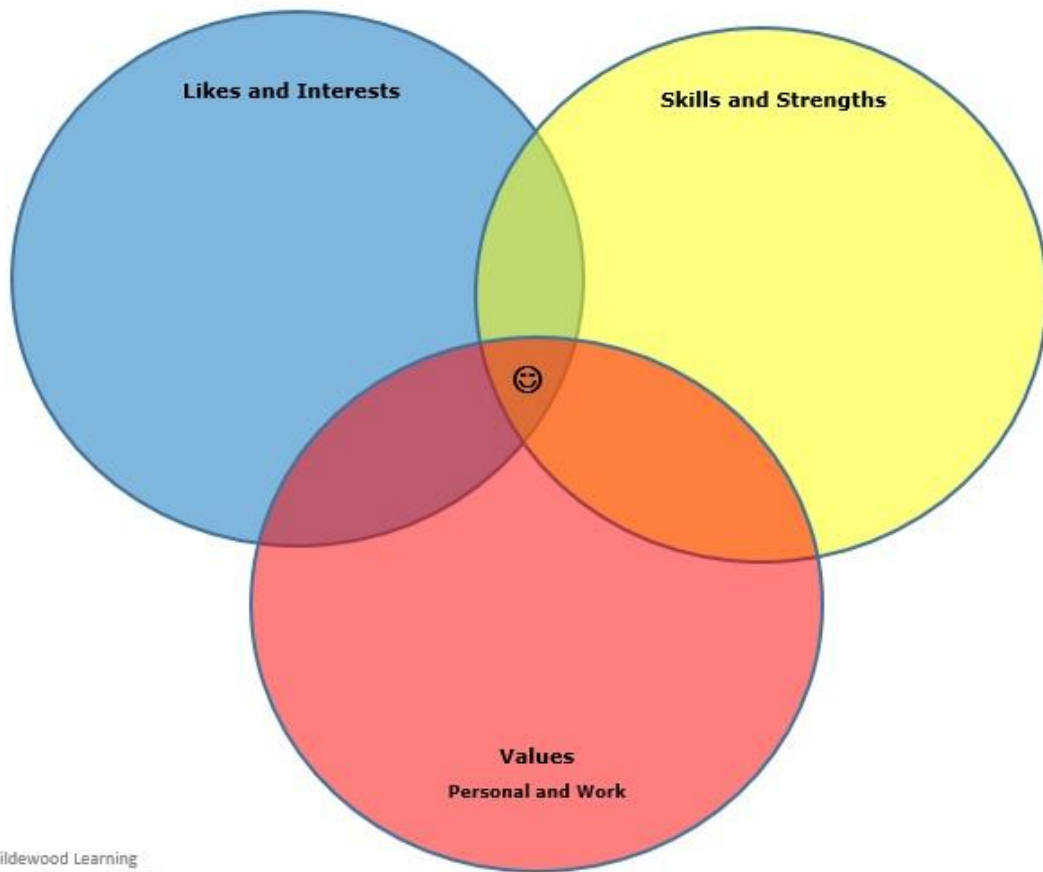
StrengthsFinder (Adults)

Strengths for Students (15+)

Explorer (ages 10-14)

Strength Spotting (under 10)





# 10 Characteristics of Learner-Centered Experiences



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# Putting Personalized Learning into Action

What would you do to help her as a learner?



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# Questions



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