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Betsy Kindall ([00:08](#)):

I'm Betsy Kindall.

Nicole Fairchild ([00:10](#)):

I'm Nicole Fairchild.

Stacy Moore ([00:11](#)):

And I'm Stacey Moore.

Betsy Kindall ([00:12](#)):

And this is Arkansas Aware, a project to advance wellness and resiliency in education.

Nicole Fairchild ([00:21](#)):

Hey, everybody. Welcome to Arkansas Aware. We have been talking a little bit about some of the trainings we have coming up this summer. Just keeping you all in the loop about what we're doing. And we've got a couple that we've done quite a bit of and for a long time coming up. But one of them, my friend, Stacy, is Teacher Wellbeing.

Stacy Moore ([00:42](#)):

Yes.

Nicole Fairchild ([00:43](#)):

It's going to be on June 1st. It's a virtual three hour offering on June 1st. So, you can find it on the desk at ESC Works. But why do we keep talking about teacher wellbeing endlessly?

Stacy Moore ([00:53](#)):

Because it's evolving. Isn't that funny? It really is.

Nicole Fairchild ([00:57](#)):

Yeah.

Stacy Moore ([00:57](#)):

So, when the pandemic hit, we went home. I remember sending self care-

Nicole Fairchild ([01:04](#)):

Yeah.

Stacy Moore ([01:06](#)):

...letters out to staff and, "Just keep these things in mind. Get outside. Keep office hours. Don't be on there all the time." Just things that we were worried... Should I say worried? I say worried a lot. I mean, I was worried about staff. I was worried about our teachers and what you were doing and if you were

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okay, and we didn't have contact with you. And I was worried about our students, too. Absolutely. But my heart is always the adults that are carrying those students too.

Nicole Fairchild ([01:33](#)):

Yeah.

Stacy Moore ([01:33](#)):

So back then, we were thinking about teacher wellbeing and self care. And then now, it's almost something put on you. And so now, we've talked about how it's like a curse word as far as-

Nicole Fairchild ([01:45](#)):

I know. Yeah.

Stacy Moore ([01:46](#)):

...take care of yourself. Okay, but how and when? And are you going to pay me? And are you going to give me time off to do it? Or you're mandating me to do this now? So, it really has evolved. And now, just knowing that we truly do have to see and check in and be self-aware because we are the ones that are interacting with our students. And so, as you so famously put that they are in our environments.

Nicole Fairchild ([02:12](#)):

They are.

Stacy Moore ([02:13](#)):

I can't even say it.

Nicole Fairchild ([02:13](#)):

We'll save that. We'll save that. If you don't know what we're referring to, then you need to come to this training. Donnie is holding in a laugh over there.

He's shaking his head now.

You need to come to this training. And if you know what we're talking about, then you know. You know that you know.

Stacy Moore ([02:30](#)):

Yes.

Nicole Fairchild ([02:31](#)):

Yeah. But I think, too, the reason we keep talking about it is because it's something we need to be reminded and inspired about.

Stacy Moore ([02:39](#)):

And the longevity of us being able to keep going. I mean, we're two years-

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Nicole Fairchild ([02:47](#)):

Yeah.

Stacy Moore ([02:47](#)):

...in now. And so, it's not something that maybe we did have the reserves built up and that got us through the first month, six months, year, year and a half.

Nicole Fairchild ([02:56](#)):

Yeah.

Stacy Moore ([02:57](#)):

Maybe now, we're just starting to see some of the effects. And I do see that. I do see where some of us, I feel like, I worry that we're wearing down a little bit.

Nicole Fairchild ([03:06](#)):

Well, you know what I'm thinking? I'm like, "Dad gum. We are back to the same fast paced schedule."

Stacy Moore ([03:13](#)):

Yeah. Oh, that, too. Yeah. Yes. So, now we've lived with the pandemic for two years. We had the resurge back in January and February, and then battling our own illnesses with it and those that we love and all that goes with that and grief. And then, yeah. And now, we're back to going a hundred percent, a hundred... Well, 110% is not possible. But we're going full blast already, again, involved in stuff. And I don't know about you, but I'm tired.

Nicole Fairchild ([03:41](#)):

Yeah. It reminds me of the both and conversations we've had, where I certainly don't want anybody to be sick. But the pandemic was one of those both and situations where I both don't want to be insensitive or have people I love sick or terminal or anything like that. And I do love canceled plans.

Stacy Moore ([04:02](#)):

Oh.

Nicole Fairchild ([04:03](#)):

Woo.

Stacy Moore ([04:03](#)):

I'm with you.

Nicole Fairchild ([04:04](#)):

I love these some canceled plans.

Stacy Moore ([04:06](#)):

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It reminds me of even our Amazon boxes. Leaving them outside for two or three days, whatever they recommended or wiping them down. And anything that came in, even from Walmart. You don't go in, but you still wipe everything down. I mean, that was not fun. And my kids not seeing their grandparents and us worrying about the illness and how that's affecting the world was not fun. But being at home was nice.

Nicole Fairchild ([04:06](#)):

It was nice.

Stacy Moore ([04:29](#)):

Being made to be at home.

Nicole Fairchild ([04:31](#)):

Ooh.

Stacy Moore ([04:33](#)):

Man, that... I'm okay with that.

Nicole Fairchild ([04:36](#)):

I know. I know. And so, here we are back to a hundred percent, most of us.

Stacy Moore ([04:42](#)):

Yes.

Nicole Fairchild ([04:42](#)):

And so, we've really got to do wellbeing. We've got to do it.

Stacy Moore ([04:46](#)):

Yeah.

Nicole Fairchild ([04:47](#)):

We've got to make the time for it and figure it out.

Stacy Moore ([04:49](#)):

And what we learned, we did walk away, I think. I felt like I walked away with a lot after we met with the Resilient School Collaborative and the feedback from their teachers as far as what's helpful and what's not. And I do think we gained some insight there and some truths that we all know. But that the same wellbeing, the same practices, don't work for everybody.

Nicole Fairchild ([05:09](#)):

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Yeah, it does. It takes some self-awareness. Which I will say, I do have a couple of trainings this summer talking about the Enneagram. It's so funny to me how many educators want to learn about the Enneagram.

Stacy Moore ([05:23](#)):

That came up in a conversation this morning.

Nicole Fairchild ([05:26](#)):

Did it really?

Stacy Moore ([05:26](#)):

Yes, with one of my friends. We were talking about Enneagram numbers. Because it helps you, it so helps me understand where they're coming from and what's important to them. And just that... Anyway, I could give you more details, but she probably wouldn't appreciate it. But it's fascinating how many times it does come up for me.

Nicole Fairchild ([05:43](#)):

Yeah. So, the ASCD Conference is going to be in Bentonville. I don't know, beginning of June, I think fourth, fifth, or something like that. So, I'm going to do an hour on teacher wellbeing there and an hour on the Enneagram for them at their little conference. But the Enneagram, it really, I think it does go hand in hand with wellbeing because I'm going to do wellbeing differently. I'm going to think about it differently because of just my personality because of who I am.

Stacy Moore ([06:10](#)):

I'm thinking of SEL, and I'm thinking it helps with self-awareness.

Nicole Fairchild ([06:10](#)):

Yeah.

Stacy Moore ([06:13](#)):

It helps with social awareness. It helps with relationship skills.

Nicole Fairchild ([06:16](#)):

Yeah.

Stacy Moore ([06:17](#)):

It really does.

Nicole Fairchild ([06:18](#)):

Absolutely. And just, I don't know, Stacy, it continues to be really surprising to me how effective and useful it has been. This recording will come out later, but in real life time, I'm going to go to a local school district and do the Enneagram with their staff on one of their PD days just to help them with teachers being able to understand each other and work together and staff. What do I want to say? Enhancement

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in enrichment. Just being able to do that well. And I'm really excited about that because it's so fun to get in a group of people who maybe have taken a pretest. They have some idea of what the Enneagram is and some idea of what number they might be, and then help them figure it out and sort it out and learn about why that person ticks them off all the dad gum on time.

Stacy Moore ([07:12](#)):

Yes.

Nicole Fairchild ([07:13](#)):

And how, "Oh, when you say that, you mean that. I interpret it like this. And so, this is what I can expect from you. And okay, you shoot straight, and you need it sugar coated."

Stacy Moore ([07:22](#)):

Yes.

Nicole Fairchild ([07:22](#)):

And it's just really helpful.

Stacy Moore ([07:24](#)):

I'm so excited for them. Because I think there'll be a lot of a-ha moments and light bulbs going off as far as them going, "Oh, I see now."

Nicole Fairchild ([07:33](#)):

Yeah. Yeah.

Stacy Moore ([07:34](#)):

"This is what drives you."

Nicole Fairchild ([07:35](#)):

And I hadn't done a lot of thinking about what it can mean for the classroom, but because we've been talking about blending SEL in, I did a little more research on it. And I was thinking, I think that's also one of the things that makes kids click or not click with their teachers.

Stacy Moore ([07:52](#)):

Yeah. That makes sense.

Nicole Fairchild ([07:53](#)):

I mean, I don't know when kids maybe shape up into whatever their personality is. I think for some, it's easier to see earlier than others. But certainly by high school, you can probably start to see which way they're leaning or what they... And I tell you, you get, I don't know, you can have fireworks if you're not watching.

Stacy Moore ([08:14](#)):

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I would love to see the research on that. Do teachers have a harder time with sevens?

Nicole Fairchild ([08:20](#)):

Oh, sure.

Stacy Moore ([08:20](#)):

Or the ones are going to be pleasing because they're going to do right and wrong. Or those are the ones that drive teachers crazy.

Nicole Fairchild ([08:25](#)):

Yeah.

Stacy Moore ([08:26](#)):

I don't know why I think it's fascinating.

Nicole Fairchild ([08:27](#)):

Absolutely. Just depending on where the teacher's coming from, too. Yeah. So, those are some of the... They're not fluffy PD. They're actually very... They require a lot of personal work. But I think that they're fun because of that.

Stacy Moore ([08:27](#)):

Yeah.

Nicole Fairchild ([08:43](#)):

They're fun because of that.

Stacy Moore ([08:45](#)):

Yeah.

Nicole Fairchild ([08:45](#)):

And I don't know, Stacy, it's fun to do the fun PD.

Stacy Moore ([08:48](#)):

Fun and important. It's fun and important.

Nicole Fairchild ([08:51](#)):

Yeah. So, we'd encourage you to check out that virtual one coming up on June first on the desk at ESC Works. And if you're going to be at the ASCD Conference, look for my breakout sessions. That'd be fun. I want you to come see me. Yeah. So, we will see you one way or another this summer, right?

Stacy Moore ([09:09](#)):

Yes.

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Nicole Fairchild ([09:09](#)):

Absolutely.