

Dr. Susie
Wolbe

The EMPOWERED Teacher

Proven Tips
for
Classroom Success

FOR IMMEDIATE RELEASE

Dr. Susie Wolbe Empowers Teachers to Push Past the Curriculum to Get to the Heart of the Matter and the Spirit of Their Students

Educator shares strategies to transform the classroom experience for students, teachers, administrators and parents.

DALLAS, TEXAS — Teaching requires so much more than showing up on Monday morning with a lesson plan and a smile. When it comes to positively impacting students' learning, some of the most important lessons have very little to do with teaching the designated curriculum. In *The Empowered Teacher: Proven Tips for Classroom Success* (Brown Books Publishing Group), Susie Wolbe, Ed.D., provides school administrators, teachers and parents with a wealth of practical tips based on years of personal experience as a parent, teacher, principal, certified Academic Language Therapist and Mindful Schools instructor.

The Empowered Teacher pushes past the curriculum and provides essential strategies that enable teachers to lower the stress level in the classroom, minimize the time spent on procedural minutia, and increase the attention given to students, which is exactly where their focus needs to be.

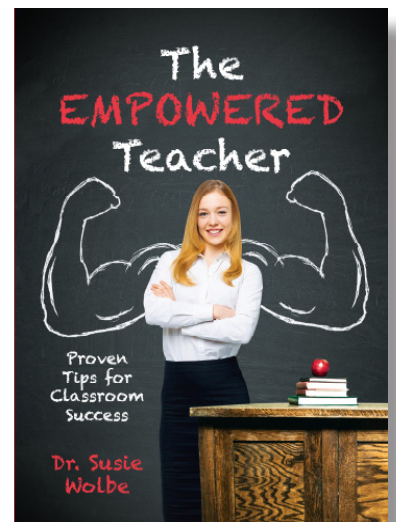
"It's not about the curriculum. It's about establishing positive, appropriate relationships, taking care of yourself, and growing both personally and professionally," says Wolbe. "Every school has its mandated curriculum, but the schools and the teachers who go beyond the content are the ones who get to the heart of the matter and the spirit of their students."

Wolbe believes the key to classroom success is the ability to establish a habit of self-care, and that by participating in daily mindfulness practices, the emotional state, physical health and mental abilities of teachers and students alike will be profoundly improved.

"It took me a long time to realize the importance of taking care of myself and to understand that there was nothing selfish about it," she says. "As the stewardess on the airplane says, 'put the oxygen mask on yourself before placing it on the person for whom you are responsible.' After all, if I don't put on my oxygen mask, I'll pass out ... and be of no help to anyone."

Wolbe provides a collection of practical tips that educators can put to use immediately, including: trusting in the intuition of the teacher's "inner voice," mindfulness exercises to reduce stress and discourage negativity, a five-step process to conflict resolution, careful observation to improve relationships and communication, and much more. *The Empowered Teacher* is based on years of classroom experience and contemporary educational research and emphasizes the importance of communication skills and self-care strategies as essential for providing a positive classroom environment from which students will benefit.

Learn more about Susie Wolbe, Ed.D., and her book, *The Empowered Teacher*, at www.DrSusieWolbe.com



The Agency at Brown Books | www.TheAgencyatBB.com
Media Contact: Alicia Auping | 972-248-9500
Alicia.Auping@TheAgencyatBB.com

The Empowered Teacher: Proven Tips for Classroom Success
Susie Wolbe Ed.D. | ISBN: 978-1-61254-882-1 | Paperback \$14.95
Education/Teaching Methods & Materials/General

Dr. Susie
Wolbe

The
EMPOWERED
Teacher

Proven Tips
for
Classroom Success

ABOUT THE AUTHOR

Susie Wolbe, Ed.D.



Susie Wolbe, Ed.D., has spent 30+ years as an educator in public and private schools, in addition to offering private tutoring or therapy beyond the school day. She taught multiple grade levels in elementary and middle school in both public and private schools before serving as K-8 principal in a private school for 14 years. She has a B.S. and M.S. in elementary education, holds an Ed.D. in educational supervision with a concentration in curriculum and instruction, and is certified as an Academic Language Therapist and as a Mindful Schools instructor.

Her background in public and private school education, along with advanced degrees and additional educational accreditations, forms the basis for her current work. She teaches academic language therapy and mindfulness to children and adults, along with other topics focusing on brain research, study and organizational skills, and balanced lifestyles for the professional at work or at home. She offers educator and parent education, as well as sessions with children in both individual and group settings. Through these programs, she is determined to help students, parents and educators lead a more well-adjusted life with attention given to their personal needs. She wants students to become independent, motivated thinkers who display a positive self-image, resiliency, and integrity, and who possess critical thinking and problem-solving skills.



The Agency at Brown Books | www.TheAgencyatBB.com
Media Contact: Alicia Auping | 972-248-9500
Alicia.Auping@TheAgencyatBB.com

The Empowered Teacher: Proven Tips for Classroom Success
Susie Wolbe Ed.D. | ISBN: 978-1-61254-882-1 | Paperback \$14.95
Education/Teaching Methods & Materials/General

Dr. Susie
Wolbe

The EMPOWERED Teacher

Proven Tips
for
Classroom Success

Q&A WITH Susie Wolbe, Ed.D.

How can students, parents and teachers benefit from your book of professional advice?

While this book was designed with the teacher in mind, I do believe it is fair to say that both teachers and parents would benefit from the book. Students, especially older children, could certainly gain much from the information provided. Creating a home study area, learning how to be organized at school, establishing a habit of self-care, and developing positive, appropriate relationships are topics that are beneficial across the board.

How do you think *The Empowered Teacher* will make a difference in the lives of educators, students and their families?

Everything I learned throughout my teaching career was amazing and exciting to me: seeing a child master a new skill, knowing how to help a child become more confident in his or her abilities, and learning about brain science and how it could be used to help kids learn more quickly with less stress and more success. How wonderful is that? I think it's incredible!

The Empowered Teacher has the potential to help any teacher (or at least those who are willing to try something new) see things through a different lens and experience more positives in their profession. And they'll get to witness those feelings and experiences through their students.

How can the teaching strategies and approaches in your book help both new teachers and veteran educators?

It goes without saying that those new to the profession can use all the help they can get. Not every school has a mentoring program, and, even for those that do, the program is only as good as the school's veteran teacher. If that veteran teacher hasn't taken the initiative to keep current with educational advances, or is not open to new strategies, then that mentoring program won't really be doing much good in the long run. Plus, some people just make better mentors than others.

There's a difference between a teacher who has taught for 20 years, and a teacher who has taught one year 20 different times. It's the difference between someone who modifies and works to improve strategies, and someone who pulls out that same old tired folder every year and repeats the same information over and over again. If you're studying the names of states in the U.S., you might be OK. But if you're studying crops, climates, technology or economy about those states, you need to update every year; there's always something new to learn or something changing in the world around us.



The Agency at Brown Books | www.TheAgencyatBB.com
Media Contact: Alicia Auping | 972-248-9500
Alicia.Auping@TheAgencyatBB.com

The Empowered Teacher: Proven Tips for Classroom Success
Susie Wolbe Ed.D. | ISBN: 978-1-61254-882-1 | Paperback \$14.95
Education/Teaching Methods & Materials/General

What tips does *The Empowered Teacher* offer to teachers for addressing burn-out and stress?

It provides ideas for classroom management/procedures that may be new to teachers (or could certainly act as a springboard for new procedures) to help them reduce the minutiae that might be slowing them down every day. Anything that has the potential to decrease some of the daily “stuff” is a plus for any teacher.

The book also places a greater emphasis on student-teacher relationships. Research supports the fact that positive relationships between students and teachers result in more successful students which then motivates and excites teachers.

Additionally, the book stresses the creation of positive and trusting relationships with families, which I think is crucial in building a network of support, especially with families involved in their child’s academic experience.

Furthermore, the topic of teachers needing to establish a habit of self-care is beyond essential; this is not an attitude that veteran teachers typically possess — taking time for yourself used to be considered selfish. Teachers either sacrificed their home life, or their students; so few knew (or know) how to keep a balanced life. Establishing a habit of self-care can bring balance to the work experience and that, in turn, can help reduce burn-out or stress.

What wisdom have you accumulated from your experiences as an elementary and middle school principal?

I learned that kids, regardless of how hard a shell they may have wanted me (or others) to think they had, they were really marshmallows on the inside. Everyone wants the same thing: to be appreciated, to know that they matter, and that it makes a difference if they show up or not. And it matters even more to kids beginning at about 3rd grade, and continuing into middle school. They may not want to admit it, but anything that leads them to believe that someone is laughing at them, that they can’t trust someone, or that someone will be disloyal to them is deadly to their feelings and emotional health. I am certain this rings true for secondary school students, college students and even adults.

I also learned that children watch their parents and the other adults around them far more than the adults realize; it’s important for adults to remember that they can be the best, or worst, example for the children around them.

What are the top five teacher survival skills that you think every teacher should keep in mind?

- Take care to establish positive relationships with your students, families and colleagues.
- Establish a habit of self-care so you can maintain balance between your home life and work life, and so you are able to offer your best to yourself and to others.
- Surround yourself with positive influences that will benefit you professionally and personally.
- Learn from the experts around you: master teachers, consulting professionals and cutting-edge organizations.
- Make it a point to find the joy in everything you do; teaching can be a blessing if you let it.



How can a teacher cultivate social-emotional skills in his or her students?

Teachers first need to realize what social-emotional skills are, and to realize that these are not learned through osmosis; they actually need to be taught! They include self-awareness and self-management, social awareness, responsible decision-making, and relationship skills. Collaborative for Academic, Social, Emotional Learning (CASEL) tells us that in order for these skills to be successfully taught, they should be taught using active learning with a step-by-step approach and explicit instruction, and the timing should be such that students have adequate time to really make those skills their own. Follow the pros, and the examples they set.

Achieving work-life balance is tricky. How can teachers accomplish more with less stress?

I think teachers need to recognize that achieving that balance is their goal. How many people go into a job saying, “I’m going to do everything in my power to do the best possible job.” Most! And, that is wonderful, but nothing in that sentence speaks to their need for self-care, or even a realization that it is necessary. What if a teacher, or anyone, went into a position saying, “I’m going to do everything within my power to do the best possible job, and am committed to making sure I take care of myself, and my loved ones, at the same time.” Both of these sentences reflect a person who wants to do his or her best job, but that second example also adds the realization that the individual is not willing to sacrifice himself or herself, or his or her family, while doing so. That’s a huge difference. And just starting out with that awareness can result in a very different outcome. As Steven Covey says, “Begin with the end in mind.” I think that makes all the difference in the world.

What do you consider to be the three most valuable practices for teachers to implement?

- Continue learning and evolving, as a person and as a teacher, and share with others that you are doing so.
- Be willing to ask questions, share answers and be open to all the possibilities.
- Be kind to yourself when you are less than perfect, so you will understand the same when it happens with your students, colleagues and parents.

What do you think is most important to becoming a successful teacher?

I think helping people (both students and anyone else) develop into their best selves would be the most important thing. If you help a person feel good about himself or herself, feel accomplished and valued, and feel successful while also teaching them the skills necessary for them to become independent with a solid sense of who they are and what is most important in their lives ... you’ve done a great job.

How relevant are your teaching techniques and best practices to all grade levels?

They can be applied across all grades. It’s not about the curriculum. It’s about establishing positive, appropriate relationships, taking care of yourself, and growing both personally and professionally. Those are things that apply at any, and every, level.



What do you recommend as your go-to way for teachers to de-stress before their students tackle a test?

Learning how to de-stress by breathing slowly and deeply, getting everyone to a quiet and calm place before beginning a test, teaching test-taking skills, emphasizing the need for adequate sleep and nutrition ... these are things that make a huge impact and from which every child can benefit.

In what publications has your work been featured?

I've been writing a blog for *The Huffington Post*, almost every week, since July 2014. Most of the articles are about teaching/learning, goal-setting or mindfulness (in addition to other topics like compassion, generosity or appreciation). I've also written articles for *Texas Jewish Post* and have a journal, *PROTECT PROJECT EMPOWER*, with motivational & inspirational quotes that have been combined into a book. Motivational quotes have always been a source of empowerment for me, and my hope is that readers will also be inspired. And, of course, my new self-help book, *The Empowered Teacher*, that will hopefully inspire up-and-coming teachers and veterans of the field!



Dr. Susie
Wolbe

The
EMPOWERED
Teacher

Proven Tips
for
Classroom Success

EXCERPTS FROM *The Empowered Teacher*

“Every school has its mandated curriculum, but the schools and teachers who go beyond the content are the ones who get to the heart of the matter and the spirit of their students.”



“Your students might have just woken up an hour before they arrive at your door, but they’ve already had a lifetime to feel the way they do by the time they leave your classroom. In addition to the circumstances with which students have long struggled, such as sibling rivalry, missing pets, disagreements with parents, or peer-related social issues, today’s youth is often faced with other areas of concern.”



“Students are not the only ones who need to have the right frame of mind each day; you are the teacher, and you must be ready to set the tone for your students. Yet teachers are expected to fill so many roles. I once told a colleague that, had I only known, I would have gotten degrees in psychiatry, psychology, and counseling in addition to my teaching degree. Because of all the demands placed on teachers, it is essential that educators take care of themselves. They need to establish habits of self-care and understand that taking care of oneself is not a selfish thing to do.”



“Children will always realize when a teacher displays genuine care and concern for them, and that is reward enough.”



“Helping children create a growth mind-set, one in which value is placed on dedication and hard work, will result in a love of learning and pride in accomplishing a job well done. With this attitude, children will become motivated by new challenges, develop a sense of resilience, and build a work ethic that will shine as they move from the classroom into the workforce and continue throughout their adult lives.”



Dr. Susie
Wolbe

The EMPOWERED Teacher

Proven Tips
for
Classroom Success

“I remember imagining myself with a classroom of students. Mind you, this was a dream that started when I was in elementary school; looking back, it seems like I always had the desire to touch lives and have a positive impact on others. I simply wanted to make a difference in the world, and the classroom was the means I would use to accomplish this goal. I would love my students, even those who were harder to reach. I would leave no stone unturned in my quest to teach them, lead them, and help them turn into lifelong learners who would exude integrity, a sense of self, and their own desire to make the world a better place.

“It was a beautiful dream and, in some ways, that dream never changed. Yes, once I entered the classroom, I faced many frustrations: I was a first-grade teacher placed in the fifth- and sixth-grade wing of the building; I lacked the confidence of a veteran teacher and allowed myself to be intimidated by those with more experience and even those with false bravado; I lacked an understanding of available support for teachers; and I further lacked awareness of simple procedures I could implement in the classroom to eliminate many daily struggles. Still, I slowly figured it out. I accepted input from skilled educators who proved their generosity by sharing classroom ideas, and I watched and listened, always searching for the answers to solve every puzzle that came my way. Such was, and is, the mentality of the teacher.”



“Your job is important, your home life is important, and you are important. However, in order to meet the needs of all of the components in your life, you must have a work-life balance. Those individuals without balance, and who lack a habit of self-care, are typically those who contribute to the statistics regarding teachers who soon quit their job due to its stresses. Others in this category stay, yet they often just put in the time rather than make a real effort to affect positive changes in the lives of others.”



“Your district has a plan for you and what you should accomplish this year; the question is, do you have a plan for yourself?”



“Each change I made touched yet another person, whether student, colleague, or family member. And isn't that what a teacher is supposed to do and to model—being a lifelong learner? Improving yourself as well as those around you? Displaying integrity, honesty, and compassion?

“I challenge you: go out and continue, or start, making a positive difference in the lives of others. Give children the best that a school and teacher can provide, and be the educator who has the most wonderful and fulfilling experiences providing those learning opportunities to everyone you encounter. Yes, you will be doing your job, but what a wonderful, magical way to make a living!”



Dr. Susie
Wolbe

The **EMPOWERED** Teacher

Proven Tips
for
Classroom Success

WHAT PEOPLE ARE SAYING about *The Empowered Teacher*

“Dr. Wolbe’s strategy for students, parents and teachers is backed by years of practical and sensible experience that is grounded by research and contextual knowledge. What is most helpful are her organizational tips, role-modeling examples and explanations of communication skills necessary in a successful classroom. A book packed full of personal and positive experiences, both new and returning teachers will benefit from this commonsense approach to teaching.”

—**Jane B. Huffman**

Professor, Moses Endowed Chair in Educational Leadership
College of Education, University of North Texas

“Susie Wolbe has years of experience as a dedicated and caring teacher and administrator. Her passion for her craft and love for children shines through as she offers a collection of practical tips that educators can put to use immediately in their classrooms and schools.”

—**Denise Pope, Ph.D.**

Cofounder, Challenge Success, Senior Lecturer,
Stanford University Graduate School of Education

“With *The Empowered Teacher*, Dr. Wolbe has synthesized her many years of experience as a teacher and school administrator with contemporary educational research into a highly practical and readable resource for both teachers and parents.

“Dr. Wolbe’s insights include promoting student motivation and engagement, classroom management, communication with parents, effective self-care, and stress management. Teachers should keep Dr. Wolbe’s book on their desk and another copy on their nightstand. In addition, *The Empowered Teacher* should be required reading for parents at the start of each school year so they are best prepared to collaborate effectively with their child’s teacher in a manner that maximizes their child’s academic, social and emotional growth.”

—**Pete Stavinoha, Ph.D., ABPP**

Professor of Behavioral Pediatrics at the University of Texas MD Anderson Cancer Center, and co-author of
Stress-Free Discipline: Simple Strategies for Handling Common Behavior Problems
and *Stress-Free Potty Training: A Commonsense Guide to
Finding the Right Approach for Your Child*



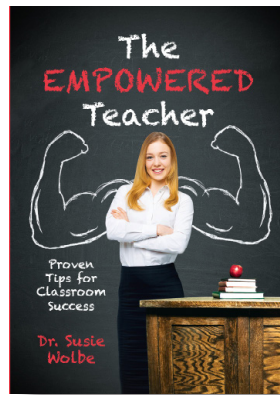
The Agency at Brown Books | www.TheAgencyatBB.com
Media Contact: Alicia Auping | 972-248-9500
Alicia.Auping@TheAgencyatBB.com

The Empowered Teacher: Proven Tips for Classroom Success
Susie Wolbe Ed.D. | ISBN: 978-1-61254-882-1 | Paperback \$14.95
Education/Teaching Methods & Materials/General

Dr. Susie
Wolbe

The EMPOWERED Teacher

Proven Tips
for
Classroom Success



Title The Empowered Teacher
Subtitle Proven Tips for Classroom Success
Author Susie Wolbe, Ed.D.
ISBN-13 978-1-61254-882-1
Format Paperback
Retail Price \$14.95 U.S.
Size 5.5 x 7
Pages 120
Carton Quantity 50
LCCN 2016934790
BISAC Education / Teaching Methods & Materials
Publication Date August 1, 2016
Distribution Ingram, Baker & Taylor
Publisher Brown Books Publishing Group
Publisher Website www.BrownBooks.com
Author Websites www.TheEmpoweredTeacherBook.com and www.DrSusieWolbe.com

Synopsis

This quick, enjoyable read is packed with proven tips and advice beneficial for teachers at all stages of their career. Drawing on her many years' of experience as an elementary and middle school principal, author Susie Wolbe, Ed.D., addresses many of the common challenges teachers face, including classroom management procedures and practices, stress, and burn-out. Divided into three easy-to-read sections, *The Empowered Teacher: Proven Tips for Classroom Success* provides educators with strategies that will improve the teaching experience, including how to establish strong relationships with students and parents, how to enhance teaching methods and bring joy back to the classroom, and how to develop good professional relationships with colleagues. Dr. Wolbe's practical advice is designed to help educators see their profession through a different lens and experience new ideas and strategies that will benefit everyone involved.



The Agency at Brown Books | www.TheAgencyatBB.com
Media Contact: Alicia Auping | 972-248-9500
Alicia.Auping@TheAgencyatBB.com

The Empowered Teacher: Proven Tips for Classroom Success
Susie Wolbe Ed.D. | ISBN: 978-1-61254-882-1 | Paperback \$14.95
Education/Teaching Methods & Materials/General