



Mentoring in Action

BALANCE. INSPIRE. LEAD. *TRANSFORM* from the ♥

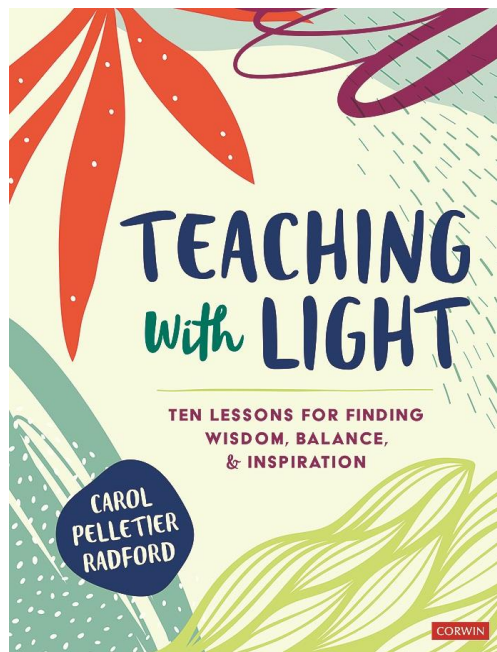
mentoringinaction.com

# A Professional Learning Course

Offered by Mentoring in Action <https://mentoringinaction.com/>  
at no charge for educators seeking in-district professional credit.

## Teaching With Light

A Wellness Program for *ALL* Educators



To receive a discount for multiple copies of the books visit [Corwin.com](https://www.corwin.com) and order directly from a sales representative in your region. Books are also available on [Mentoring in Action: Guiding, Sharing, and Reflecting With Novice Teachers | CorwinAmazon](#)

# Welcome:

Dear Teachers,

Welcome to the *Teaching With Light Book Study Course*! This course is designed for all teachers who are seeking time to reflect and share with like-minded educators. *Teaching With Light* is a reflective course that includes an interactive “circle of light” meeting group experience where you can share your insights and learn from each other.

Your requirements for the book study course include:

- Reading my stories and listening to podcasts of other teachers’ stories
- Sharing your stories with other teachers at three Circle Meetings
- Learning ways to nurture yourself and sustain your energy
- Exploring the books and other resources in the TWL book
- Reflecting on what inspires you
- Documenting your insights in your journal and logging hours

Teachers encouraged me to create this course because they wanted a systematic way to use the resources in the book, earn district credit, and create a nurturing community to stay inspired. The course content is organized into five parts. There is an introduction and closing session and then there are three virtual “circle of light” meetings where you will have an opportunity to share and learn from each other.

A leader in your district will schedule the virtual meetings and share the recommended due dates for submitting your journal reflections. This leader will also read your journal reflections to verify you have completed the course and provide you with credit for the hours you logged.

There is a companion website that goes along with the book where you can learn more about the teachers who are in the podcasts and the authors I mention in each lesson chapter.

<https://resources.corwin.com/teachingwithlight> It also offers you print out posters of affirmations and quotes you may want to post in your classrooms.

The ultimate goal of this book study course is to promote your success in the classroom by supporting you in focussing on ways to nurture your body, mind and spirit. Your wellness supports your students’ growth because, as one of my mentor teachers said to me, “Happy healthy teachers make happy healthy students!”

*Carol*

Carol Pelletier Radford EdD and the Mentoring in Action Team

Author, *Teaching With Light: Ten Lessons for Finding Wisdom, Balance, and Inspiration*

Founder, Mentoring in Action

<https://mentoringinaction.com/>

# Beginning Your Journey ~

## GETTING STARTED

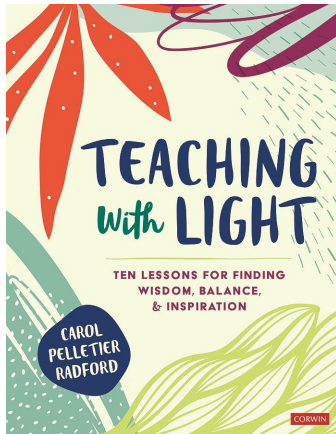
*How do we begin? [A message from Carol](#)*



This book study course is designed for all educators who are ready to focus on their wellness practices and wisdom.

**REVIEW** the Table of Contents and scan topics to see how the book is organized. **READ** the Foreword, Preface, and Introduction now to get a sense of the book.

**(optional)** **LISTEN** to this podcast to learn how this book emerged and why I wrote it.



## READ

*How does teacher well-being relate to student success?*

**READ Section I:** *Illuminating the Path Ahead*  
Skim Section III: *Nurturing an Inspired Career* and the Appendices to get a sense of the entire book.

**REVIEW** this **OVERVIEW** of the teacher interview podcasts that are included in each lesson. Select the interviews that are most meaningful to you and listen to them as you move through the course.



## REFLECT ~

*What are you learning?*

**Download** this **COURSE JOURNAL** and save it where you can access it easily. Write your responses as you complete each prompt. Your book study leader will direct you on how to submit your journal and log your hours.

# Circle of Light Meeting 1 ~



## Follow Your Heart

### PREPARE for your Circle ~

**READ** *Choosing to Teach* page 19 or

**LISTEN to the podcast:** [Introduction to Lesson 1.1](#)

**READ** *When the Guidance Counselor Told Me No* page 20 or **LISTEN to the podcast:** [Audio reading by the author 1.2](#)

*Finding Your Wisdom: What's Your Story?*

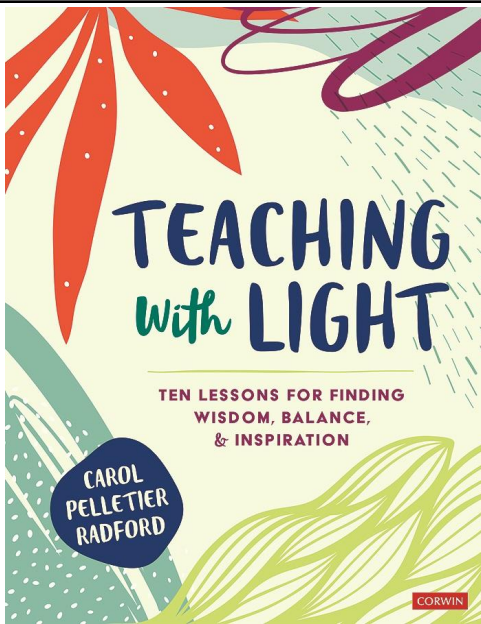
**CHOOSE** two prompts to think about on page 21 and respond in your journal so you will be ready to share.



## LISTEN to this message

*How can we practice mindful living actions and stay inspired?*

Experience the mudra and meditation moment I share [in this video](#) and READ pages 22-24.



## ASSESS and EXPLORE

*What are you interested in learning more about?*

Complete the assessment on page 22 and write your insights in your journal.

<https://resources.corwin.com/teachingwithlight>

Choose an author to learn more about, a book to read or a podcast to listen to from this lesson.



## ATTEND Your Circle Meeting ~

### SHARE

*What can we learn by listening to each others' stories?*

Attend the virtual “circle of light” meeting and share the wisdom from your Lesson 1 personal story.

Use this [sample agenda](#) to guide your meeting.



## REFLECT ~

*What are you learning?*

After your meeting, take some time to reflect on what you learned in the session. **WRITE** your responses to each prompt in your journal and log the time you spent so far in this course.

# Circle of Light Meeting 2 ~



## Illuminating the Path Ahead

### **PREPARE** for your Circle ~

**CHOOSE ONE** of the lessons from Lesson 2 (*Bloom Where You're Planted*) to Lesson 6 (*It is What It is*) to explore. Choose the lesson that speaks to you and is most meaningful.

You may **READ** the introduction and story for the lesson **or LISTEN** to the podcasts. The QR codes in the book will open the podcasts or you may use this [link](#).

### *Finding Your Wisdom: What's Your Story?*

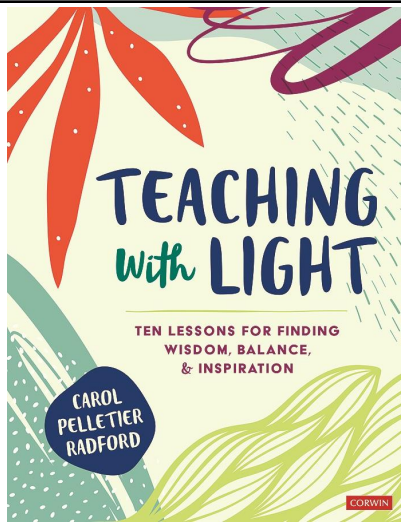
**CHOOSE** two prompts from the lesson story you chose and respond in your journal. Be prepared to share in the Circle.



## **LISTEN** to this message

*How can we practice mindful living actions and stay inspired?*

Experience the mudra and meditation moment I share [in this video](#) and READ pages 32-34.



## ASSESS and EXPLORE

*What are you interested in learning more about?*

Complete the assessment in the Lesson you chose to focus on for this meeting. Write your insights in your journal.

<https://resources.corwin.com/teachingwithlight>

Choose an author to learn more about, a book to read, or a podcast to listen to from this lesson.



## ATTEND Your Circle Meeting ~

### SHARE

*What can we learn by listening to each others' stories?*

Attend the virtual “circle of light” meeting and share the wisdom from the lesson you chose to focus on. Use this [sample agenda](#) to guide your meeting.



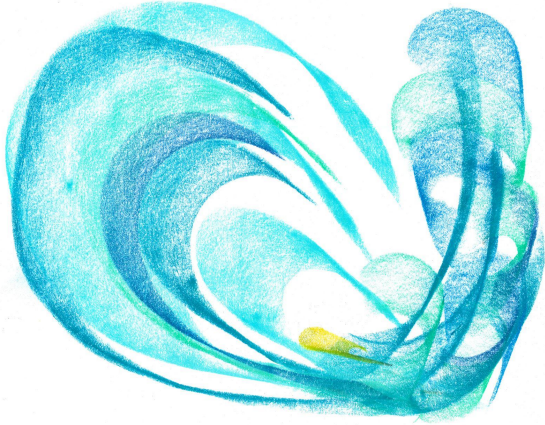
## REFLECT ~

*What are you learning?*

After your meeting, take some time to reflect on what you learned in the session. **WRITE** your responses to each prompt in your journal and log the time you spent so far in this course.

# Circle of Light Meeting 3 ~

## Stay Inspired!



### **PREPARE** for your Circle ~

**CHOOSE ONE** of the lessons from Lesson 7 (*Be the Wave*) to Lesson 10 (*Pay it Forward*) to explore. Choose the lesson that speaks to you and is most meaningful at this time in your career.

You may **READ** the introduction and story for the lesson **or LISTEN** to the podcasts. The QR codes in the book will open the podcasts or you may use [this link](#).

### *Finding Your Wisdom: What's Your Story?*

**CHOOSE** two prompts from the lesson story you chose and respond in your journal. Be prepared to share in the Circle.

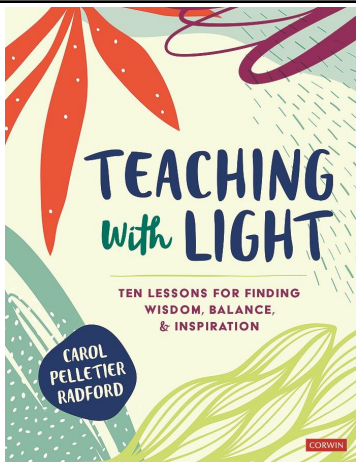


## **LISTEN** to this message

*How can we practice mindful living actions and stay inspired?*

Experience the mudra and meditation moment I share in [this video](#) and READ pages 42-44.





## ASSESS and EXPLORE

*What are you interested in learning more about?*

Complete the assessment on the page of the lesson you chose to focus on in this session and write your insights in your journal.

<https://resources.corwin.com/teachingwithlight>

Choose an author to learn more about, a book to read, or a podcast to listen to from this lesson.



## ATTEND Your Circle Meeting ~

### SHARE

*What can we learn by listening to each others' stories?*

Attend the virtual “circle of light” meeting and share the wisdom from the lesson you chose to focus on. Use this [sample agenda](#) to guide your meeting.



## REFLECT ~

*What are you learning?*

After your meeting, take some time to reflect on what you learned in the session. **WRITE** your responses to each prompt in your journal and log the time you spent so far in this course.

# Completing the Book Study Course ~

## Nurturing an Inspired Career



**READ Section III:** *Nurturing an Inspired Career*

**REVIEW** this [OVERVIEW](#) of the teacher interview podcasts that are included in each lesson. Select at least one teacher's story interview and one teacher leader interview to listen to before you complete this course.



## LISTEN to this message

*How can we practice mindful living actions and stay inspired?*

Experience the mudra and meditation moment I share in [this video](#) and READ pages 52-54.



## REFLECT ~

*What are you learning?*

**WRITE** your FINAL REFLECTION responses to each prompt in your journal and log the time you spent in this course. **EARN** additional hours for this course with a partner. [Find out more information here.](#)

**SUBMIT** your completed journal to your district leader for credit.