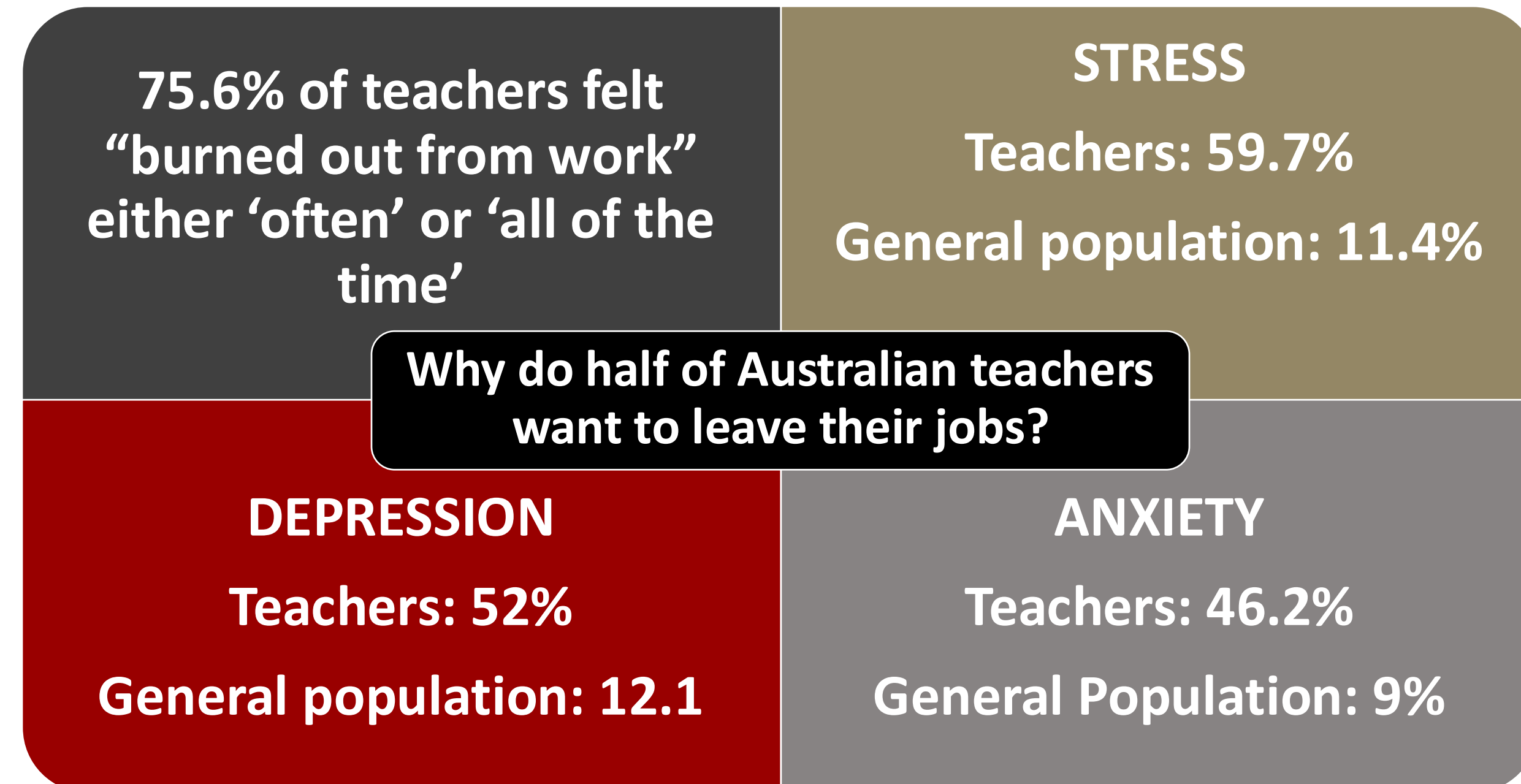


BACKGROUND & CONTEXT

The Concern



What the Research Tells Us:

- ❖ Some teachers have the "ability to effectively deal with setbacks, challenges, adversities, and pressures in the workplace setting" (Martin & Marsh, 2008)
- ❖ Workplace Buoyancy is a personal resource that refers to teachers' ability to navigate everyday challenges and adversity at work.
- ❖ Higher workplace buoyancy helps teachers manage stress, avoid emotional exhaustion, and reduce physical symptoms related to stress.
- ❖ It is positively influenced by supportive leadership practices. (Collie, 2021)

Our hunch is that providing a timetabled lesson as part of each teacher's load during the school day in small communities of practice (TECOPs) will contribute positively to buoyancy.

RESEARCH QUESTIONS

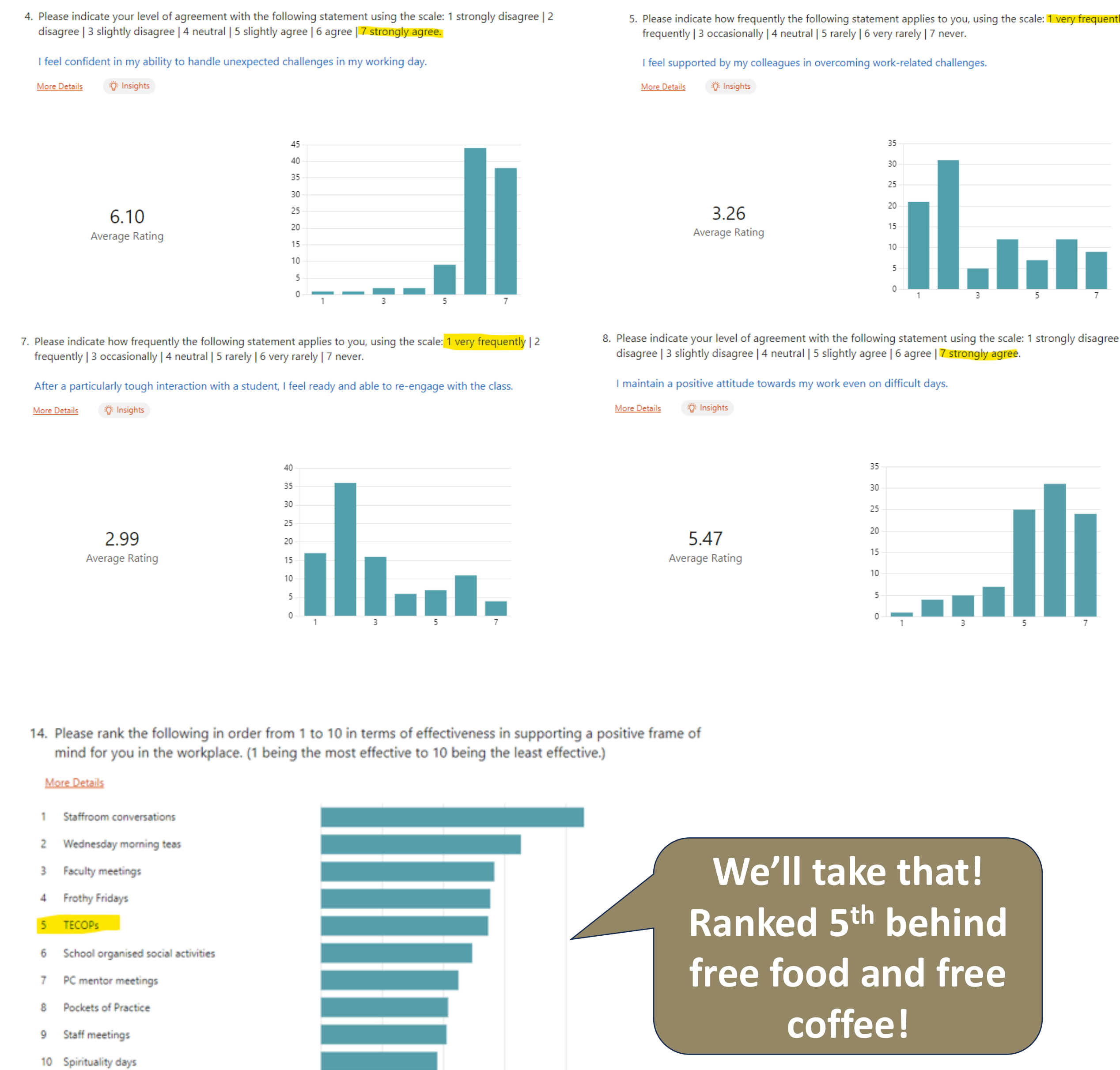
What are the attributes of teacher buoyancy?

To what extent do the Terrace Educator Communities of Practice affect teacher buoyancy?

METHODS

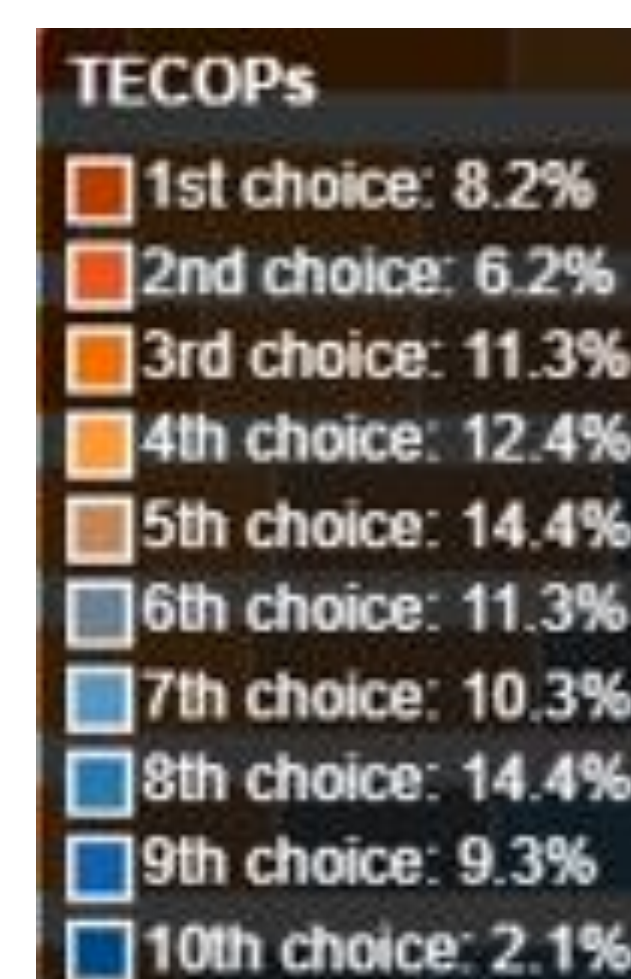
Methodology	Mixed Methods
Measures	Quantitative Data <ul style="list-style-type: none">Survey all teachers, end of Term 2Buoyancy and their TECOP experience Qualitative Data <ul style="list-style-type: none">Case Studies (6 TECOPs, 30 Teachers)Interviews Term 2 & 4

ANALYSIS & RESULTS - Quantitative Data



We'll take that!
Ranked 5th behind
free food and free
coffee!

And over 25% had it
in their top 3!



ANALYSIS & RESULTS - Qualitative Data

Is the TECOP supporting your wellbeing in relation to your day-to-day life at Terrace? Why or why not.

Yes, it supports sharing and growth for staff. The sharing is illuminating.

Absolutely! I look forward to our TECOP meetings as the discussion is productive, professional and supportive. It is a highlight of my week/s.

Having those collegial conversations and watching how my peers deal with the same issues I face in my classes, was very helpful in my own thought process of "Okay, I'm not alone here".

55% of responses were positive



32% of responses were negative
13% of responses were neutral

Is the TECOP supporting your wellbeing in relation to your day-to-day life at Terrace?

Not really. I value an opportunity to discuss aspects of my working day and outlook with my teaching of classes.

I don't feel as though TECOP has impacted my wellbeing. I appreciate the effort to develop and improve pedagogical practices and provide staff with leadership opportunities. I think this is really important and a great feature of the program.

Somewhat, I like my group & love to hear what they share in the group it is nice to find time to chat. I value we have this time to reflect on our teaching practices and share.

Implications for Teaching & Learning

Our data suggests that timetabled TECOP sessions are positively impacting teacher buoyancy.

- Higher workplace buoyancy helps teachers manage stress, avoid emotional exhaustion, and reduce physical symptoms related to stress.
- *"It's the small things that happen often that make you buoyant, not the grand gestures"* (Zach Woodward, Terrace 2024)

NEXT STEPS

- We will continue our TECOP model in 2025 to provide a timetabled lesson for a community of practice as part of each teacher's load.
- With teacher input and agency, this model will continue to evolve and contribute to collective efficacy and teacher buoyancy.