

Low morale at school? Call the POSSE!

(Positive Option for Stimulating Staff and/or Self Esteem)

The perfect presentation for the entire staff to start out the school year with a bang, get that needed mid-year boost, or end the year on a positive note!

*A **dynamic, entertaining presentation** for K through 12 teachers, administrators, and staff members who want specific strategies to address serious issues*

In the Old West, towns were often under the attack of outlaws whose aim was to rob the citizens of what was rightfully theirs. Today, schools are often under the attack of outlaws who ride into town to rob educators of their rightful spirit of commitment and enthusiasm. These outlaws, named Pessimism, Gloom, Stress, and Alienation, are not only harmful to individuals, but also to the entire school community. The POSSE is not a “touchy-feely” ambush, but a strategic, well-planned attack with reasonable and effective goals for all personalities. The POSSE advocates making a conscious choice to **improve the quality of your professional and personal life**. POSSE is an entertaining, fun-filled presentation, yet the underlying message is motivating, inspiring, and useful.

POSSE is designed to help educators overpower these outlaws by learning to defend themselves with **practical, well-defined, and school-tested techniques** for improved stress management, positive thinking, humor, and camaraderie. Through the use of these weapons, staff members will be equipped with positive attitudes and an improved school climate, leading to greater productivity and a dramatic improvement in staff and student interactions. Just as a posse in the Old West restored peace and a sense of well-being in a town, POSSE in a school creates a dynamic, effective, and positive climate for all.

Through a clever combination of original dialogue, skits, and audience participation, the POSSE brings participants to a deeper recognition of the importance of humor, play, joy, and spirit in the workplace. POSSE is about spontaneity, risk-taking, mutual respect and support, and enabling educators to remember just what it was that attracted them to teaching in the first place. After attending a POSSE presentation, staff members will be better armed in the battle against the outlaws, and will regain their rightful spirit of commitment and enthusiasm!

Presentation Highlights:

The POSSE

- What POSSE means
- The POSSE dream
- The need for POSSE

Optimism/Positive Thinking

- Fight/flight syndrome
- Steps in breaking a negative habit
- Battery skit
- Self-assessment attitudinal inventory
- Relationship between our thoughts and our feelings
- Ideas on how to use POSSE in your classroom, school, and your personal life

Stress

- Burnout
- Symptoms of stress
- Stress management plan
- Physical and mental relaxation techniques
- Three-step plan to use during stress
- The effects that food, sleep, color, and environment have on your stress
- Ideas on how to use stress reduction techniques in the classroom, school, and your personal life
- Visual imagery

Humor

- Steps in developing a sense of humor
- Skits on appropriate uses of humor
- How to laugh
- Joy list
- The mask of humor
- Visual imagery
- Ideas on how to use humor in the classroom, school, and your personal life

Camaderie

- Effective listening and speaking
- “The Cold Within” Poem
- Establishing rules for the teachers’ lounge
- How to form a support group
- Important steps in dealing with criticism and back-stabbing
- Steps in effective teamwork
- The role of body language in camaraderie
- Creating a support network
- Ideas on using camaraderie in creating a more positive and rewarding school climate



Nancy Crinnigan



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Do the teachers and administrators in your schools need inspiration to combat burnout or motivation to remain in the profession? Call the POSSE!

**Prime Presentations
(888) 917-3950**

**School Improvement
Grades K-12
Days vary**