

BECOMING A MORE **ASSERTIVE TEACHER**



Maximizing Strengths,

Establishing Boundaries, and

Amplifying Your Voice

**BRAD JOHNSON
JEREMY JOHNSON**

An **Eye On Education** Book

ROUTLEDGE


Becoming a More Assertive Teacher

Being cooperative, empathetic, and accommodating are great qualities for teachers but can also lead to higher rates of frustration and eventually burnout. In this empowering new book from Brad Johnson and Jeremy Johnson, find out how becoming more assertive can help highly agreeable teachers thrive.

First, take personality quizzes to find out how agreeable or assertive you are! Then the authors delve into why that matters. You'll find out how assertiveness differs from aggression and passivity and why it is a valuable tool for teachers, so you can stand up for your own needs and rights while respecting the needs and rights of others. Chapters cover establishing healthy boundaries, learning when to say no, dealing with conflicts, becoming more self-aware, leveraging your strengths, finding your voice, and more!

Each chapter is filled with practical strategies and examples and ends with a toolbox feature to help you build your skills. As you learn to become more assertive, you'll improve your interactions and will feel more heard – and fulfilled – in your teaching role and in life.

Brad Johnson (@DrBradJohnson) has over 25 years of experience as a teacher and administrator at the K–12 and collegiate level. He is author of several books and one of the most inspirational and affirmational speakers in education.

Jeremy Johnson has a master's degree in industrial/organizational psychology, where his research focused on the application of personality theory in the workplace. He has 16 years' experience, including a background in administrative processes and procedure development.

*Also Available from Brad Johnson &
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Becoming a More Assertive Teacher

**Maximizing Strengths,
Establishing Boundaries, and
Amplifying Your Voice**

Brad Johnson and Jeremy Johnson

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Contents

<i>Acknowledgments</i>	vii
<i>Introduction</i>	ix
<i>Personality Reflection Quizzes</i>	xi
1 Understanding the Benefits and Pitfalls of High Agreeableness	1
2 From Passive to Powerful: Unleashing the Potential of Assertive Teaching	6
3 Finding the Strength Within: Empowering Teachers Through Self-awareness and Confidence	17
4 Navigating Conflict with Confidence: Building Relationships and Resolving Issues with Assertiveness	35
5 Sharing Your Voice: The Power of Assertive Communication in Education	51
6 Establishing Boundaries: It's Okay to Say No!	67
7 Fostering Positively Assertive Relationships with Colleagues and Administrators	80
8 Nurturing Assertiveness and Leveraging Strengths: Strategies for Working with Low-agreeableness Students	90

9 Prioritizing Self-care for Lasting Success 107

Epilogue: Unleashing Your Greatness to Be Unstoppable 117

Meet the Authors 119

Bibliography 120

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Your fervor is evident in how you ignite curiosity, inspire imagination, and foster a lifelong passion for learning. Your classrooms transform into vibrant spaces where dreams are nurtured, knowledge is shared, and lives undergo profound change.

You give so much, often expecting nothing in return, driven by your belief in the transformative power of education, even though your unwavering dedication often goes unnoticed or unappreciated. The world may not always recognize the immense impact you have, the lives you touch, and the lasting impression you leave on your students. But we do!

We appreciate your tireless work, transformative impact, and unwavering belief in every student's potential. You are truly remarkable. May you continue to inspire, guide, and empower future generations, knowing that your influence on the world is immeasurable.

Thank you!
Brad Johnson

As I reflect upon the completion of this journey, which began as a series of conversations with Dr. Brad Johnson about the essence of exceptional teachers, my heart overflows with gratitude. The most noble of professions, teaching, demands unwavering patience and a selfless heart of service, qualities that I have seen embodied by my grandmother for as long as I can recall.

It also takes communicating to these young minds the necessity of persistence until they discover their rightful place, a lesson imparted to me by my father. In this remarkable journey, I have

been gifted with the support of my girlfriend, who has displayed unwavering belief in my endeavors.

Furthermore, the foundation of this process lies in the power of meaningful communication, and in Dr. Brad Johnson, I have always found a wellspring of thought-provoking dialogue. These exchanges have encouraged me to ponder the greater picture, encouraging me to develop my voice and purpose. I hope that, for you, this book serves a similar purpose. Find your voice and develop your purpose, not only for yourself, but for those around you.

YOU ARE AWESOME!

Jeremy Johnson

Introduction

Dear Teacher,

Deep within you lies an untapped wellspring of power – a voice yearning to be heard, a spirit eager to transcend the ordinary, and a fire that ignites transformation. This book is your guide, your companion, and a beacon of light on your quest to become a more assertive and empowered teacher.

As we embark on this journey of self-discovery and growth, let us engage in a conversation that begins with self-talk. Take a moment to pause and listen to the narratives echoing within your mind. What stories do you tell yourself? Do they brim with doubt and self-criticism, or are they infused with belief in your own capabilities? Embrace the power of positive self-talk, for it will lay the foundation upon which your assertiveness will flourish.

Within you reside unique strengths, waiting to be recognized and harnessed. Reflect on your talents, skills, and passions. What makes you an exceptional teacher? Embrace these strengths, for they form the pillars of your assertiveness. By tapping into your innate abilities, you will unlock a wellspring of confidence that propels you forward on this transformative journey.

Setting boundaries is an art that requires clarity and conviction. As a teacher, your heart overflows with compassion and an endless desire to give. Yet, remember that you are a finite being with limited time and energy. Learn to set boundaries that safeguard your well-being and allow you to provide the best for your students. Setting boundaries is not selfish; it is an act of self-care and preservation that ensures your sustainability as an educator.

Communication holds the key to assertiveness. It is the bridge that connects you with your students, colleagues, and administrators. Learn to express your thoughts, needs, and concerns with clarity and respect. Let your voice be heard, as it

carries wisdom and insights that can shape the educational landscape. Cultivate active listening skills, for through understanding others, you can build collaborative relationships and foster a sense of unity within your educational community.

Do not neglect the most important person in your classroom – you. Self-care is not a luxury but a necessity. Nurture your physical, emotional, and mental well-being. Seek solace in moments of stillness, engage in activities that replenish your spirit, and surround yourself with a support network that uplifts and sustains you. Remember that by taking care of yourself, you become a role model for your students, teaching them the value of self-respect and self-compassion.

As you delve deeper into the pages of this book, you may uncover the dormant power within you. Find inspiration in stories and anecdotes of those who have already embarked on this journey. Embrace the lessons, strategies, and tools shared within these chapters, for they are stepping stones towards your assertive teaching identity.

You have chosen one of the noblest professions – one that molds minds, shapes futures, and leaves a lasting mark on the world. Through your journey to assertiveness, you will not only empower yourself but also those whose lives you touch. Your voice matters, your presence matters, and your commitment to becoming the best version of yourself matters.

Together, let us embark on this empowering journey where self-talk transforms into self-belief, strengths become guiding lights, boundaries safeguard your well-being, communication bridges gaps, and self-care fuels your inner flame. The journey will present challenges, but within these challenges, you will discover the depths of your resilience and the boundless potential that awaits your assertive presence.

Step forward and seize the day!

Personality Reflection Quizzes

Welcome to the sphere of teacher reflections! Reflections are like mirrors that allow teachers to gain valuable insights into their own teaching practices. As an educator, you possess the power to shape young minds and shape the world of tomorrow. Your unique personality traits have a profound impact on your teaching style, classroom management, and interactions with students, colleagues, and parents. Through these reflective practices, we can uncover the treasures of self-awareness and discover how you assert yourself, collaborate, and create nurturing environments for learning.

Imagine yourself as an explorer, venturing into uncharted territories of your teaching journey. With each reflection, you embark on a thrilling quest to uncover the hidden gems of your teaching abilities. It's not about scary assessments; it's about embracing the opportunity to pause, ponder, and grow. These reflection quizzes become your trusted companions, guiding you towards new insights, strategies, and teaching approaches.

Reflection Quiz 1

1. I often go out of my way to help others, even if it means sacrificing my own time and resources.

1 2 3 4 5

Strongly Disagree Disagree Neutral Agree Strongly Agree

2. I am comfortable with compromising when resolving conflicts and disputes.

1 2 3 4 5

Strongly Disagree Disagree Neutral Agree Strongly Agree

3. I have a patient and compassionate approach with students who are struggling.

1 2 3 4 5

Strongly Disagree Disagree Neutral Agree Strongly Agree

4. I find it difficult to say no when someone asks me to take on extra work or responsibilities.

1 2 3 4 5

Strongly Disagree Disagree Neutral Agree Strongly Agree

5. I am sensitive to the needs and concerns of my colleagues and try to be understanding and empathetic towards them.

1 2 3 4 5

Strongly Disagree Disagree Neutral Agree Strongly Agree

6. I prefer to avoid conflicts and disagreements at work.

1 2 3 4 5

Strongly Disagree Disagree Neutral Agree Strongly Agree

7. I make sacrifices for the greater good of the school and my students.

1 2 3 4 5

Strongly Disagree Disagree Neutral Agree Strongly Agree

8. I believe that it is important to be respectful and considerate of others, even in difficult situations.

1 2 3 4 5

Strongly Disagree Disagree Neutral Agree Strongly Agree

9. Students and colleagues see me as an empathetic person.

1 2 3 4 5

Strongly Disagree Disagree Neutral Agree Strongly Agree

10. My presence makes students and colleagues feel at ease.

1 2 3 4 5

Strongly Disagree Disagree Neutral Agree Strongly Agree

11. I feel genuine concern for students and colleagues.

1 2 3 4 5

Strongly Disagree Disagree Neutral Agree Strongly Agree

12. Others would consider me soft-hearted.

1 2 3 4 5

Strongly Disagree Disagree Neutral Agree Strongly Agree

13. I tend to put others before myself.

1 2 3 4 5

Strongly Disagree Disagree Neutral Agree Strongly Agree

14. I empathize with my student's and colleague's situations.

1 2 3 4 5

Strongly Disagree Disagree Neutral Agree Strongly Agree

15. I tend to be indirect in dealing with issues with others.

1 2 3 4 5

Strongly Disagree Disagree Neutral Agree Strongly Agree