

Aric Bostick

Description of Program

Fired Up! 2.0

7 Steps to Being a FIRED UP Educator

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PROGRAM DESIGNED FOR: Convocations, In-Service Professional Development Days, Educator Conferences

TARGET AUDIENCE: School Staff – Educators, Campus Leaders, Counselors, Cafeteria Staff, Bus Drivers, All School Staff

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FIRE UP! 2.0

7 Steps to Being a FIRED UP Educator



PROGRAM DESCRIPTION

Being in the education field is hard work, and not for the faint of heart. There are a lot of pressures and demands with lesson planning, achieving high test scores, winning competitions, and then there are the day-to-day challenges of our educators engaging, understanding, and relating to their students and their parents, as well as to their peers and administrators.

Consequently, this can all lead to **burn-out**.

It is a tall order to ask our educators and school staff to show up as their best selves each day, when they are feeling burnt-out and don't have the emotional or physical energy to do so. However, despite the many challenges educators face today, students still need the adults in the building to SHOW UP for them. Unfortunately, we can't give what we don't have. How do we show up for our kids, when some days we are hardly showing up for ourselves? If we truly want to impact the lives of our students, then the first life we must start making a difference with is our own.

So, how do we keep the **FIRE** burning?

As a former classroom teacher and sports coach, Aric understands the pressures and demands teachers face each day. Due to his own experience of being a burnt-out educator, he developed his signature ***FIRE UP!*** message to help educators keep the fire burning throughout the school year. After 2 decades of delivering this message on stages at conferences and in schools from coast to coast, he found it necessary to deepen his own understanding of what it really meant to be FIRED UP, and he created his ***FIRE UP! 2.0*** message to uplift and reignite the fire within teachers and the entire school staff.

What Aric understands is how important it is that we as educators are purpose-driven, emotionally secure, physically and mentally well, and that we understand the science of how to better relate to and engage with others, so we can really SHOW UP as healthy role-models for the students we teach.

Research shows that, ***“One of the very best predictors for how a child turns out – in terms of happiness, social and emotional development, leadership skills, meaningful relationships, and even academic and career success – is whether they developed ‘security’ from having at least one person in their life who showed up for them.”*** Dr. Dan Siegel

It takes just one person to make an impact on a student's life. Can you imagine what it would be like if our schools were filled with committed adults who were equipped and dedicated to **showing up** each day for their students and they created a climate of enthusiasm, connection, and care so our students could really thrive? This type of intention could certainly start a **FIRE** that would be difficult to burn out.

In this engaging and interactive presentation, Aric will walk your staff through the **7 steps** of how to be a ***FIRE* UP** educator each and every day.

7 Steps to being a *FIRE* UP Educator

FUEL: Know your **WHY** - Your WHY gives you the fuel to show up your for students and colleagues

- Create an autobiographical narrative to keep you inspired throughout the school year

INVENTORY: Take stock of your life – when we take stock, we can be reminded of what is going well, even with life's challenges (not ALL good, and not ALL bad)

- Inventory what is going well in your work, relationships, and life
- Self-reflect and ask for feedback about what could be improved upon
- Take stock of the opportunities and needs of your school and how you can help

REFRAME: Shift your perspective, attitude and beliefs that may be holding you back

- Begin to see yourself, others, and the world through a different lens
- What is one attitude or core belief that you have inherited that you'd like to reframe?

ENERGIZE: Create an Energy Plan that will keep your FIRE burning all school year long

- One of the keys to keeping the flame burning is through self-regulation (setting clear boundaries and managing emotions)
- Practice healthy habits that include rest, rejuvenation, exercise, and basic self-care so you can show up for yourself and others

DECLARE: Declare who **YOU** want to **BE** as an Educator

- Identify long-term intentions for your life (personally and professionally)
- Identify some goals for the year that will keep you focused

UNDERSTAND: Understand how your energy, your presence, your security affects those around you

- Understand the science of relationships: Attachment 101 (Attachment is the science of the *quality* and *development* of relationships)
- Understand how to create healthy bonds and secure relationships with your students and peers
- Understand where your students come from by exploring your community with a neighborhood walk/or drive
- Understand the benefits of us 'Showing Up' for our students:
When a child or adult experiences the Four S's - **Safe, Seen, Soothed, and Secure** the neurobiological effect is an integrated brain (Dr. Dan Siegel)
 - A child's nervous system will be resilient and won't stay in prolonged stress
 - Their approach to life will come from an assumption they are safe, and that love and relationships will be consistent and present in their lives
 - They can handle life's inevitable difficult moments, leaving them feeling secure and at home in the world
 - They will know at their core, when they are hurting, and even when they're at their worst, we will be there for them and that they are not alone

PRESENT: Present your best self and let your presence be a gift to those around you

- Never underestimate the power of your presence - Parents, Teachers, Leaders affect the *security* of children by how they Show Up for them (4 S's).
- Be intentional for how you are presenting your best self
 - Be kind and an active listener
 - Create a safe and engaging school environment (classroom, hallway, office)
 - Dress professionally and practice good hygiene
 - Create connection through 'Place-based' learning strategies that will help you and your students understand and appreciate the geographic, economic, and social diversity of the community and geographical landscape of where you teach and where your students live, learn, and attend school
 - Join professional networks that can help you grow in your subject matter and sharpen your teaching skills, so you can continue to learn and grow as an educator and as a person.

Resources:

Philip Riley (2011). *Attachment Theory and the Teacher-Student Relationship*
Dr. Daniel Siegel and Dr. Tina Payne-Bryson (2020). *The Power of Showing Up*
Amy Price Azano, Devon Brenner, Jayne Downey, Karen Eppley and Ann K. Schulte (2021). *Teaching in Rural Places*

PROGRAM DESIGNED FOR: Convocations, Professional Development Days, and Conferences

TARGET AUDIENCE: School Staff – Educators, Campus Leaders, Counselors, Cafeteria Staff, Bus Drivers, All School Staff

ABOUT ARIC BOSTICK

Over the past 23 years, Aric has been an Education and Corporate Speaker and Trainer. He has spoken to over half a million people at conferences, events, and school districts from coast to coast. His audiences include students, educators, principals, superintendents and parents at School Districts and National, State, and Regional Education Conferences. He has also been an Employee Engagement Speaker for Corporations and Human Resources Conferences in the USA and Canada.



During the course of his education career, as a High School teacher and coach, Aric created and led a student leadership club and summer camps; he created online programs for students and educators; authored books, created curricula and developed online programs and trainings.

Building on a professional interest in leadership and relationships in the workplace, He has spent the last few years studying an attachment-informed approach to leadership, drawing on the work of some of the leading academics in this emerging area of leadership theory and practice.

Background

Aric's 23 years in education and corporate leadership speaking and training can be seen as comprising three distinct phases:

School teacher (1998 to 2002) – During the first phase, starting in 1998, Aric learned what it was like to be a teacher and sports coach. During this time, he drew on his original teacher training, other specialist in-service training, and the support of more experienced educators and school leaders.

National speaker (2000 to present) – As a national speaker (Aric's *'Fired Up'* program), he spoke to over half a million people (students, educators, HR Managers and corporate employees and executives) over an 18-year period. For this work, he drew on his own time in the classroom, an understanding of positive psychology (including CBT tools and techniques), and feedback from colleagues and clients. During this time, he became increasingly interested in the welfare of senior leaders in the corporate world and the welfare of school principals and superintendents in education, as well as the distinctive needs of educators in rural education settings.

Leadership trainer (2018 to present) – In 2018, Aric decided to combine his teaching and speaking experience with his interest in the welfare of education and corporate senior leaders, to create and start delivering a new range of training, based on the latest attachment and brain science (Aric's *Attachment-informed Leadership* program). Given his understanding of the distinctive needs of educational and corporate settings and their leaders (gained while working with them as a national speaker), he decided that he needed to strengthen the theoretical underpinning for his work. He did this by developing an understanding of modern attachment science (the quality and development of relationships over the life course), and interpersonal neurobiology (the neuroscience of attachment). During this time, he also started working with an attachment-informed leadership specialist.

Client and Conference List

National Education Conferences:

- Collaborative Conference for Student Achievement
- National Alternative Education Conference
- National Association Community Colleges Teacher Education Prep
- National Business Professionals of America Student Conference
- National Council for Community and Education Partnership Conference
- National Dropout Prevention Conference
- National Nutrition Conference

State Education Conferences:

- Adolescent Symposium Conference
- Arizona State School Nutrition Conference
- Association of Texas Professional Educators
- California FFA State Conference
- California State School Nutrition Conference
- Fort Bend ISD Peer Assisted Leadership Conference
- Franklin Covey 'Leader in Me' event – Vicksburg, MS
- Georgia State Title 1 Conference
- Hawaii Teen Traffic Safety Conference
- Indiana State Student Council Conference
- Kentucky State School Nutrition Conference
- Maine School Nutrition Conference
- Montana State Title 1 Conference
- Northeast ISD Peer Assisted Leadership Conference
- Regional FCCLA Conferences held in Pennsylvania, Rhode Island, Arizona and Texas.
- Tennessee Head Start
- Texas Association of Secondary School Principals Conference
- Texas Career and Technical Education Conference
- Texas Essential Knowledge and Skills Conference
- Texas GEAR UP Conference
- Texas Higher Education Human Resources Association Conference
- Texas School Safety Center Conference
- Texas State FCCLA Conference
- Texas State Peer Assisted Leadership Conference
- Texas State School Nutrition Conference
- West Coast GEAR UP Conference
- West Virginia GEAR UP Conference
- West Virginia School State Nutrition Conference
- Wisconsin FFA State Conference

Schools:

- Over 500 School Districts Nationwide
- Education Service Centers Nationwide

Universities:

- Bacchus and Gamma Area 5
- Bacchus and Gamma Area 6
- Bacchus and Gamma Area 7
- Bacchus and Gamma National Conference
- Bloomsburg University
- California University of Pennsylvania
- Clarion University
- Colorado Collegiate Tobacco Prevention Initiative Spring Conference
- East Stroudsburg University
- Edinboro University
- Florida State University - Freshman Orientation Speaker for 22 nights

- Frostburg University
- Indiana University of Pennsylvania
- Kutztown University
- Lock Haven University
- Mansfield University
- Meeting of the Minds – Partners in Prevention Conference
- Millersville University
- Park University
- People to People Ambassador Student Leadership Program held at: Harvard, Stanford, UCLA, Johns Hopkins University and George Washington University with students from 60 countries
- Roger Williams University
- Shippensburg University
- Slippery Rock University
- Sonoma State University
- Stockton College
- Tarleton State University
- Texas State University
- University of Nevada Reno
- University of Pittsburgh at Bradford
- University of Texas
- Wells College
- Wesley College
- West Chester University
- Young Harris University

Corporate Clients:

- Cellular Plus
- Cornerstone Credit Union
- Gold's Gym
- Houston Meeting Planners Association
- MedAmerica Billing Services
- Medical Management Association
- Meeting Planners International
- Mr. Rooter
- Practice Management Institute
- Society of Government Meeting Professionals
- South Florida Meeting Planners Association
- TransAmerica Investments & Insurance
- Travel Alberta Canada

Human Resource Conferences:

- Alabama State Society of Human Resource Professionals
- Austin Human Resource Management Association
- Central Texas Human Resource Management Association
- Corpus Christi Human Resource Management Association
- Human Resource Southwest Conference
- North Texas SHRM
- Permian Basin SHRM
- South Texas HR Symposium
- Texas Association of Higher Education Human Resources

Non-profit Clients:

- Child Care Associates
- Child Care Group
- Dallas Children's Medical
- Hospital
- Federal Bank Reserve of Chicago
- Pineland Behavioral and Developmental Disabilities
- United States Equal Employment Opportunity Commission – Fair Employment Practice Agencies – National Conference

TESTIMONIALS

Education Testimonials

"At an elementary school, it seems impossible to engage a speaker that will be able to appeal to the wide range of ages, inspire the faculty and staff, and have a message so powerful that kids encourage their parents to bring them back to school to hear him again in the evening. However, that is exactly what happened when we spent a full day with Aric Bostick! The morning programs, the leadership workshops, and a family event, in the evening, left our students, staff and their families Fired Up! And ready to tackle this school year- and life- head on!"

-Angela Kunkel, VP of Programs, Shafer PTA

"In one word, Aric Bostick is: AWESOME. From his fast-talking, high-energy, get-you-moving, can't stop laughing antics to his real-life, personal, touching story about being "that kid," Aric Bostick is exactly who your school needs. Get ready to feel motivated, inspired and awesome."

-Leslie Garza, Public Information Officer, Harlandale ISD

"Aric's visit was truly inspirational for our students, staff, and parents. All of Aric's interactions with our community was genuine, energetic and just what we needed to spark the flame to FIRE US UP! Aric's words of encouragement are truly inspirational. His visit is one to remember! Thank you to you and all of Aric's team. He is LEGENDARY, and I know his team is too!"

-Lesley Austin, Principal, Maypearl Jr. High School

"Aric's presentation was so fabulous that I am still hearing staff comment on what an impact his presentation had on them professionally and personally. Our staff members are actually holding each other accountable for their attitudes and behaviors. We have never had a speaker have such an impact on our staff."

-Tammy Lemoine, Assistant Superintendent of Curriculum and Instruction and Special Programs, Center ISD

"Aric's presentation is life-changing and inspiring!! He is one of a kind!! The energy that he gives is contagious!!"

-Vicki Guillory, Assistant Principal, Tisinger Elementary

"Aric Bostick is honest, speaks from the heart, and connects on all levels regarding education! After his presentation many of our participants were moved to tears because they recognized things that they needed to change in both their personal and professional lives. If you need to be reminded about why you chose education as your career or WHY education is so important to our workforce and communities then you must invite Aric to your school or community event."

-Kimberly Tobey, Director, National Association of Community College Teacher Education Programs (NACCTEP)

"Aric presented as a keynote speaker to over 1,000 staff members in East Aurora School District 131 for a special Institute Day focused on staff wellness—body, mind, and spirit. His presentation was simply electrifying! This was not only due to his high-spirited approach to "fire up" the staff, but also due to his comprehensive preparation before the event. He spent several hours listening to an overview of the state of the District and the needs of the staff and seamlessly wove those ideas into a presentation that was unforgettable. Throughout the day, the staff lined up to speak with him, have their books signed, and to hear his additional words of wisdom. The shared sentiment was that Aric was one of the best presenters they have ever seen!"

-David Brusak, School Improvement Director, East Aurora School District 131

"Because Aric has been in the education field, he can relate to the teacher working in the classroom day in and day out. He knows the struggles and the blessing that go with this profession and he gives the teachers inspiration and motivation to continue to do what they love, making a difference in a child's life."

-Diana Ferguson, Executive Director, TIVA

"Aric became an instant hit with our child care teachers and staff. He as them "Fired Up" to greet our incoming preschoolers for the new school year. His presentation was lively, interactive and inspiring. Many staff stated that he changed their perspective and outlook on life."

-Bob Duke, Child Care Associates - Interim President and CEO

"Aric's genuine love for the educator community and his shared mission for what we all do comes across at every moment of his presentation. It's this passion more than anything that gets us all Fired Up!"

-Johanna Hoyo, Gear Up Coordinator, Manor ISD Office of Federal Programs

"Aric is so easy to work with! It was a very simple process to get Aric on our campus! I have never seen our employees so engaged with a speaker or with each other! Aric is what we needed!! We have heard from several employees who have said that Aric is the best guest speaker we have ever had!!"

-Jenny Keener, HR Assistant, Western Nebraska Community College