

TEE Professional Education Solutions, LLC

Presents

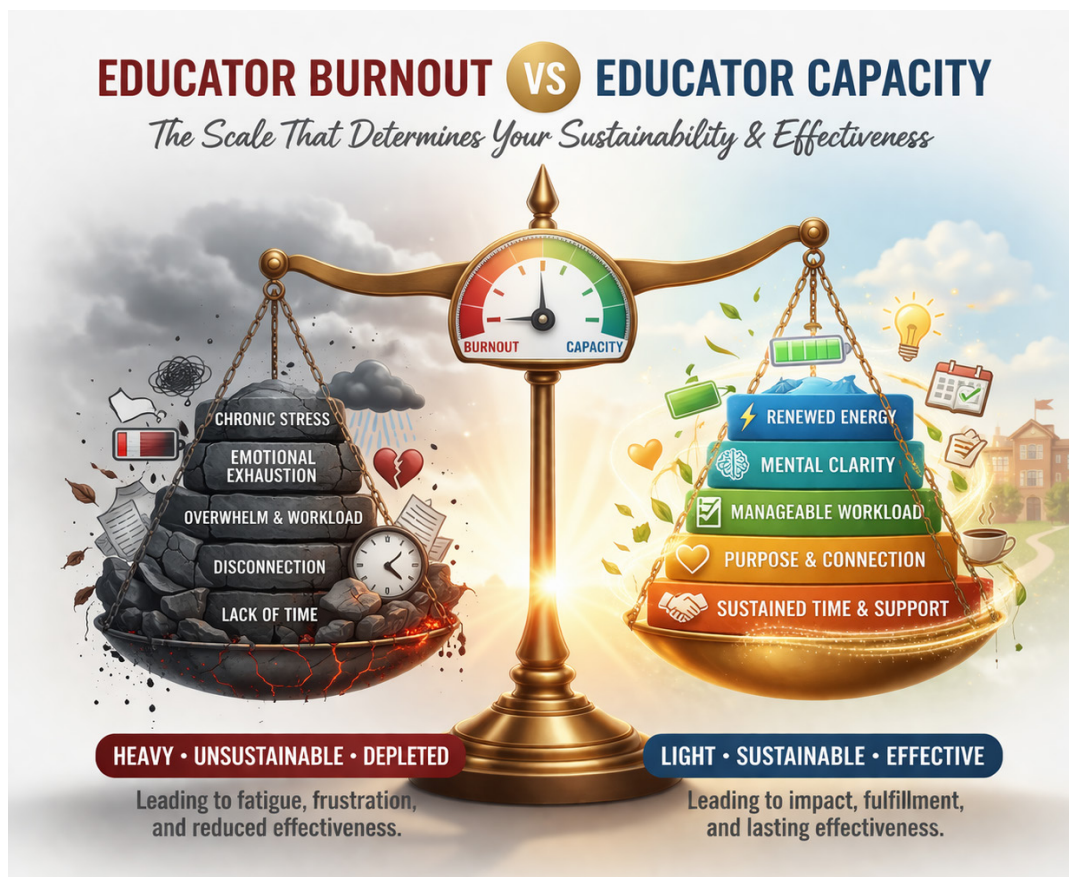
Educator Capacity Snapshot™

*A 5-Minute Tool to Identify Hidden Strain and Restore
Effectiveness*



Why This Matters

Educators are managing increasing academic, emotional, and operational demands. The challenge is not always visible. Capacity doesn't disappear all at once; it erodes over time. What begins as fatigue can become frustration, disconnection, and reduced effectiveness. This tool helps you pause, assess, and identify what may be impacting your ability--or our team's ability--to function at a high level.



Educator Capacity Diagnostic

Rate each statement (1-5).

1 – Rarely True

2 – Occasionally True

3 – Sometimes True

4 – Often True

5 – Consistently True

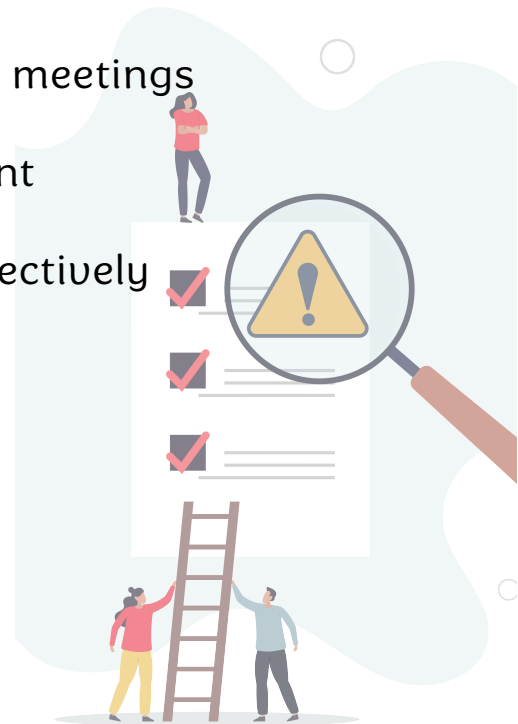
- I have the mental space to think clearly throughout the day
- I can focus on priorities without constant interruption
- My workload feels manageable and aligned
- I am able to disconnect at the end of the day
- I feel emotionally steady in my work
- I am engaged and present during meetings
- I feel supported in my environment
- I have time to reflect and plan effectively

Score Reflection

Mostly 4–5 → Strong functioning

Mostly 3 → Early strain

Mostly 1–2 → Immediate attention needed



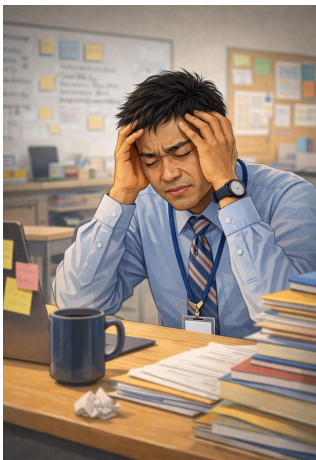
What Your Results May Indicate

If you scored mostly 3 or below, you may be experiencing :

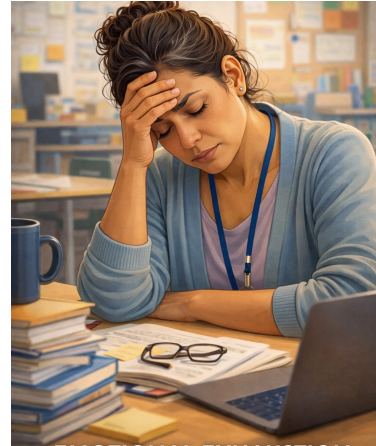
Disconnection from
purpose



Increased
overwhelm



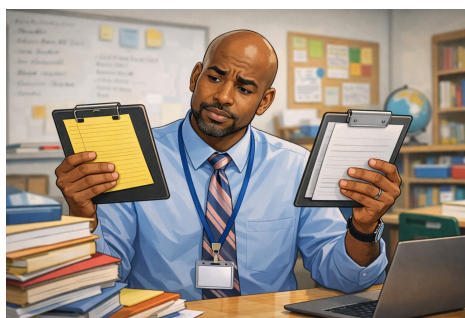
Emotional
exhaustion



Reduced focus and
decision fatigue



Difficulty prioritizing



These are not signs of weakness; They are signals that something needs to shift.

Quick Reset Actions

Try one this week.

- Begin one meeting with two minutes of silence.
- Protect one block of uninterrupted time.
- Clarify your top 3 priorities for the week.
- Delay or remove one non-essential task.
- Acknowledge what is working--not just what works.



Reflection

What is currently draining your energy?

What is helping you stay effective?

What is one shift you can make this week?

Connection to Your Work

This tool is just the starting point.

The Fill Your Plate™ Professional Development System helps educators and school teams move beyond awareness and into structured, sustainable change.

Through guided modules, coaching, and professional learning, educators learn how to:

- Reset their energy
- Improve clarity and focus
- Protect their effectiveness
- Navigate demanding environments more intentionally

Ready to Take the Next Step?

Bring the **Permission to Pause™**: Educator Reset experience to your school or team.

Start the Conversation:

TEE Professional Education Solutions, LLC

www.teeproedsolutions.com

