
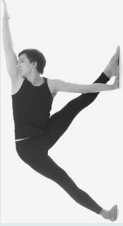


COMPETENT ~S.O.A.K. ~ Sometimes learning penetrates best when we are relaxed and not trying too hard to make it happen. Stress-free Opportunities to Absorb Knowledge Choose what works for you. (Like a "Competent" bath bomb infused with personalized nutrients)

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Quotes	Music	Statements affirmations	Books poetry stories	Art	Videos movies	Movement other ideas
"Skills make dreams happen." —Emi Iyalla	"Don't Stop Believin" Journey	For coaches: I trust in my ability to persevere and solve even the most challenging problems.	"The Village Blacksmith" Henry Wadsworth Longfellow	Playing School Harry Brooker	The Pursuit of Happiness (2006)	Warrior II Pose 
"I have no idols. I admire work, dedication, and competence." —Ayrton Senna	"Girl on Fire" Alicia Keys	My past efforts and willingness to seek wisdom and knowledge allow me to provide meaningful support.	High Impact Instruction: A Framework for Great Teaching Jim Knight	Hard Working Man Cameron Hampton	A League of Their Own (1992)	
"If you were born without wings, do nothing to prevent them from growing." —Coco Chanel	"Gonna Fly Now" (Theme from Rocky) Bill Conti	I am confident in myself because I study, learn, and continually grow in my instructional capacity.	Visible Learning John Hattie	The Girl Planting (Bodypainting art) Johannes Stoetter	Soul Surfer (2011)	Triangle Pose 
"Always believe in yourself and always stretch yourself beyond your limits. Your life is worth a lot more than you think because you are capable of accomplishing more than you know. You have more potential than you think, but you will never know your full potential unless you keep challenging yourself and pushing beyond your own self-imposed limits." —Roy T. Bennett	"Ain't No Mountain High Enough" Marvin Gaye & Tammi Terrell	I have the knowledge, experience, and expertise to be of benefit to teachers.	Classroom Instruction That Works, 2nd Edition Marzano, et al.	Stranded (Documentary, 2007)	Chariots of Fire (1981)	Oils: peppermint; basil
	"Fight Song" Rachel Platten	I believe in myself and in teachers!	"The Stars in the Sky" William Bennett	Diminish and Ascend (Sculpture) David McCracken	Mr. Holland's Opus (1995)	Stones: agate, aquamarine
	"We are the Champions" Queen	For teachers: My hard work shows the respect I have for the students I work with and it will pay off!	"Can't" Edward A. Guest	Mustangs Sculpture Robert Glen	Dead Poets Society (1989)	Color: gray
	Symphony No. 5 Beethoven		"Success" Henry Wadsworth Longfellow		Music of the Heart (1999)	

I trust in and celebrate the competencies I have developed. I am learning to masterfully research, sort through, and categorize resources tailored to teachers' individual needs. I intentionally share information with teachers in ways that can be easily understood and implemented.

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