

Relationship Building + Communication Reflection Form

Difficult conversations and uncomfortable moments will arise when working closely with people and co-teaching relationships are no different. Everyone wants to be liked and to feel like they belong! When you get to know your co-teacher/colleague, the relationship only gets better and it's easier to approach difficult situations, work to solve problems, and move forward. Check out the reflection questions below; (first alone, then with your co-teacher) they'll guide you both in a discussion that will build your relationship up and make those difficult conversations a bit easier when/if they do arise.

WHEN IT COMES TO IN THE
MOMENT
PLANNING/DECISION MAKING

I TEND TO:

- GO WITH THE FLOW
- LIKE TO CONTROL

WHEN IT COMES TO
CONFLICT

I TEND TO BE:

- QUICK TO GET UPSET
- EVEN-TEMPERED
- STUBBORN

HOW CAN MY CO TEACHER
BEST ASSIST ME WITH MY
WEAKNESSES?

BY:

- OFFERING ASSISTANCE IN THE
MOMENT
- OFFERING ASSISTANCE ONLY IF
ASKED
- SUGGESTING A MOMENT TO
CONNECT AND REFLECT AFTER THE
FACT

WHEN SOMETHING UPSETS
ME OR I MUST CONFRONT
SOMEONE

I TEND TO BE:

- A PEOPLE PLEASER
- BLUNT/UPFRONT
- PASSIVE
- AVOIDENT

DO I NEED TIME TO REFLECT
WHEN ENCOUNTERING A
DIFFICULT CONVERSATION OR
DO I LIKE TO FACE IT IN THE
MOMENT?

I NEED:

- TIME TO REFLECT
- TO TALK RIGHT THEN
AND THERE

MY PREFERRED
COMMUNICATION STYLE
FOR FEEDBACK ON MY
PERFORMANCE

I TEND TO WANT:

- POSITIVE REINFORCEMENT
- CONSTRUCTIVE
CRITICISM/CRITIQUES
- ALL OF THE ABOVE

TIPS AND POINTS OF DISCUSSION FOR BETTER RELATIONSHIP BUILDING THROUGHOUT THE YEAR:

Check-in and let each other know the good as well.

A quick text or comment letting your colleague know you enjoyed how they lead ___ or handled ___ is always a positive way to build your relationship.

Go beyond the classroom!

Spend time together as friends and not co-workers. Go shopping, to dinner or just for a walk. When conflicts arise, try not to let it build up but rather take time to address it and problem solve.

Be honest, use I feel statements.

“I feel overwhelmed. I need your help with ___”

“Do you ever get upset about ___, it’s something that’s been really hard for me lately.”

Difficult and challenging behavior will happen in your classroom.

Come up with a game plan as to how you will proceed when it does. It’s comforting to know what the protocol is, especially in the moment, and know your co-teacher has your back!

When you’re experiencing challenging behavior with students, come up with a plan to help one another. As co-teachers we can help by:

Standing back and managing the rest of the class while one teacher helps the student

Both work with student (if there is a 3rd to help manage rest of the class)

One person helps the student; if overwhelmed, make sure to ask for help so you can “tap out” or, in a calm moment, ask if you’re co-teacher needs you to “tap in.”

Talking about strengths and weaknesses in general is a way to better understand who you are working with and how you two can support one another throughout the year.

What are my strengths in the classroom?

What are my weaknesses in the classroom?