PD by Design
Participant Notebook 2021

Understanding Well-Being
On-Demand, Digital PD for Teachers

May the Lord cause you to flourish, both you and your children. Psalm 115:14
Our Speakers

Rex Miller, Author, “Humanizing the Education Machine”

“Humanizing the Education Machine” tells the story of what great 21st-century learning looks like and how to bring that dynamic into schools. Rex’s company, Mindshift, works with organizations to help them adapt to the fast and unpredictable changes they face. Two of his books have won international awards for innovation and excellence. Rex graduated from the University of Illinois with a Bachelor’s in Theology and Communications, and earned a Master’s in Strategic Foresight, Global Leadership & Entrepreneurship from Regent University. Rex is an author of the book, “WHOLE: What Teachers Need to Help Students Thrive.”

Mia Mbroh, Licensed Professional Counselor

Mia Mbroh’s 25-year career has been dedicated to helping others as an educator, counselor, and facilitator. Her true gift is facilitating dialogue with grace, sensitivity, and truth. Through intentional conversations on relational health, diversity, faith, and self-improvement, Mia has assisted countless individuals and community groups to navigate the twists and turns of life and move toward their full potential. Mia is also a Facilitator for the Anti-Defamation League (ADL) and a Certified Trainer for Managing Implicit Bias for Law Enforcement and Anti-Bias Education through ADL’s A World of Difference Institute.
Dave Hill

Founder, HeartSmart

Dave Hill is the founder of HeartSmart, which has been adopted by about 500 elementary schools around the world in their journey to build a healthy school climate. It equips teachers with a fun tool that helps children grow in emotional health and character while developing a compassionate internal dialogue. Prior to HeartSmart, Dave worked as a children’s pastor for over a decade, trained teachers in growth mindset, and produced children’s television content.

Ginger Hill

Founder, Good Health for Good Works

Ginger Hill is a founder of Good Health for Good Works, where she helps workers in Christian organizations take steps toward healthier living so they can serve with energy, excellence, and endurance. Ginger has a special place in her heart for teachers and she serves as an ACSI Ministry Partner. She has been involved in education as a corporate wellness trainer and university instructor for undergraduates. Ginger has an MS in Health Promotion and maintains her MCHES and CHWC certifications. She has over 20 years of experience in the employee wellness industry and is committed to applying biblical principles to every area of life, including helping people to improve their health.
Ginger Hill, “Fulfill Your Ministry!”

“Do a thorough job as God’s servant (MSG)
Carry out the ministry God has given you (NLT)
Discharge all the duties of your ministry” (NIV)
(2 Timothy 4:5)

As a Christian school teacher, you are busy serving your students, their families, and the Kingdom of God at large. But effective service as a teacher requires all of you! It involves more than focusing on innovative teaching skills, class management, and spiritual disciplines alone. To effectively fulfill your ministry as an educator of young minds, it’s important to stay well to serve well!

Personal Application:

Stop for a moment and think about your daily health habits.

Effective service requires energy, excellence, and endurance!
Faithful service requires being a full participant in our God-given roles and responsibilities!

- Which of your daily health habits are most helpful to you in serving with energy, excellence, and endurance?

- Which ones hinder you the most as you seek to serve effectively?

- Are there any places within your scope of service where you hold back or stay near the sideline because your health practices have limited you from being a full participant?
God blesses His children and gives us an abundant life!

- Are there any places where your life feels less than abundant because your health practices have limited you from fully enjoying God's blessings to you?

We are ambassadors for Christ (a shining example of His goodness)!

- As outsiders observe your health practices, what might they conclude about your Father?

We are good stewards of our God-given resources!

- As people look at the way you manage the body and mind that God has entrusted to you, what do they see? Is your lifestyle magnetic for Christ or are you a mismanaged mess?

Service is spiritual, but service is also mental and physical. Wherever the Spirit leads us in our service, our physical and mental being is involved, or at the very least, it comes along for the ride, helping or hindering us in our Spirit-led work.

- Based on what you know today, what is one change in your daily health practices that you believe would have the greatest impact on helping you to effectively fulfill your ministry as a Christian schoolteacher?
Group Discussion:

1. How has this discussion made you think about your health practices in a different way than you had before today?

2. As believers in Christ, we are encouraged to make an investment in good health practices in the interest of:

   - being an effective servant.
   - being a shining example.
   - practicing good stewardship.
   - responding to God’s love for you.

Which one resonates the most with you and why?

Please remember: Information and activities of Good Health for Good Works are for educational purposes only and are not designed to be utilized outside of consultation with your professionally trained health care providers. Please consult with your physician and/or health care providers prior to changing or discontinuing any of your existing health practices or beginning any new health practices.