



TANYA AVRITH

Find Yourself to Find Your Well-Being

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A little bit about Tanya

- ❑ Career teacher turned consultant.
- ❑ Education Evangelist at Adobe.

"Push boundaries and do what's best for kids."

What is personal branding?

- We are human beings who have a story to tell. Branding is being able to articulate your story.
- How can we leverage technology and social media in the right way in order to tell our story?
- Your personal brand is the way you represent yourself on a daily basis. How do you define yourself and is that the way others see you?

Why does personal branding and finding your why matter?

- Sometimes we lose our way and it can send us into a dark space where we lose part of our identity.
- It's OK to have a different "why" at different times in your life.
- Sometimes it's hard to see yourself.
 - "It's hard to read the label when you're inside of the jar" -author unknown.

Seek out the support of others to help you find your why and get back on track.

- Others can help you see the positive and seek out the good in your life.

- Practicing gratitude is a positive way to refocus and see all of the positive things you have going on in your life.

How does our digital life fit into our personal brand and teacher wellness?

- One day you're going to be Googled. Are you going to be able to own your digital identity in a way that you are telling your own story?
- Do you have the digital skills, fluency, literacy in order to be telling your story online in the way you want it to be told?
- You may not be ready to tell your story but your students may be ready and you can help them share theirs.

You can't do it all.

- Being a teacher is the hardest job. We give so much as educators.
- Take it "one hyperdoc at a time"
- Just take it one step at a time. Block out all of the "Pinterest perfect" Tweets, and pins, and posts and do what you can.
- People are sharing the wins online, they aren't sharing the 99 times that it failed. Remember that this isn't what it's like in the classroom.

Take a risk, share your story. It's powerful.

- Putting yourself out there can be taxing. How do we overcome the fear that others won't like what they see?
- There is a balance between putting yourself out there and making sure we are listening and inputting.
 - Tanya did an activity called [#GoingBeyondTheLike](#). It is all about the importance of balance and disconnecting but also understanding that there are real people on the other end of that device.
- Telling your story doesn't mean that you have to be online all the time.

Tell your story with Adobe Spark.

- Adobe Spark is a free suite of content creation tools for K-12
 - Students can create [videos](#), [images](#), and [pages](#).
 - Spark runs in any browser, Chromebooks or iPads.

Related posts on the Ditch That Textbook blog:

- [5 ways to use Adobe Spark Page in your classroom](#) by Claudio Zavala Jr.
- [5 ways to use Adobe Spark Post with your class tomorrow](#) by Claudio Zavala Jr.
- [5 ways to use Adobe Spark Video in your classroom](#) by Claudio Zavala Jr.