


FROM PERSONAL RECORDS TO PERSONAL GROWTH:

A FACULTY WELLBEING FRAMEWORK



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The belief
in the improbability
of ourselves
& each other



Teaching & Coaching: Beyond the Obvious Parallels

- Teaching ↔ Coaching:
Meeting people where they are
- Observing carefully, providing
guidance for growth
- *What about systematic coaching
principles in our classrooms?*
- *But what about coaching
ourselves?*

The Sport of Fitness

Turned conventional
fitness wisdom on its head



“Constantly varied, high-
intensity, functional movement”

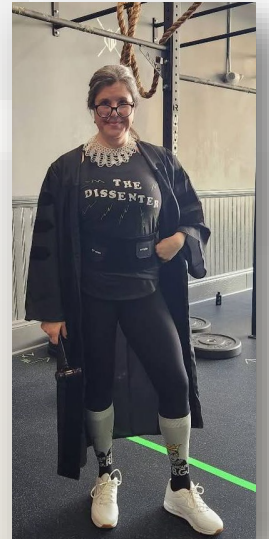


The Science: Specific,
measurable goals with
systematic tracking

Scaled & adapted
to anyone—novice
to advanced athlete

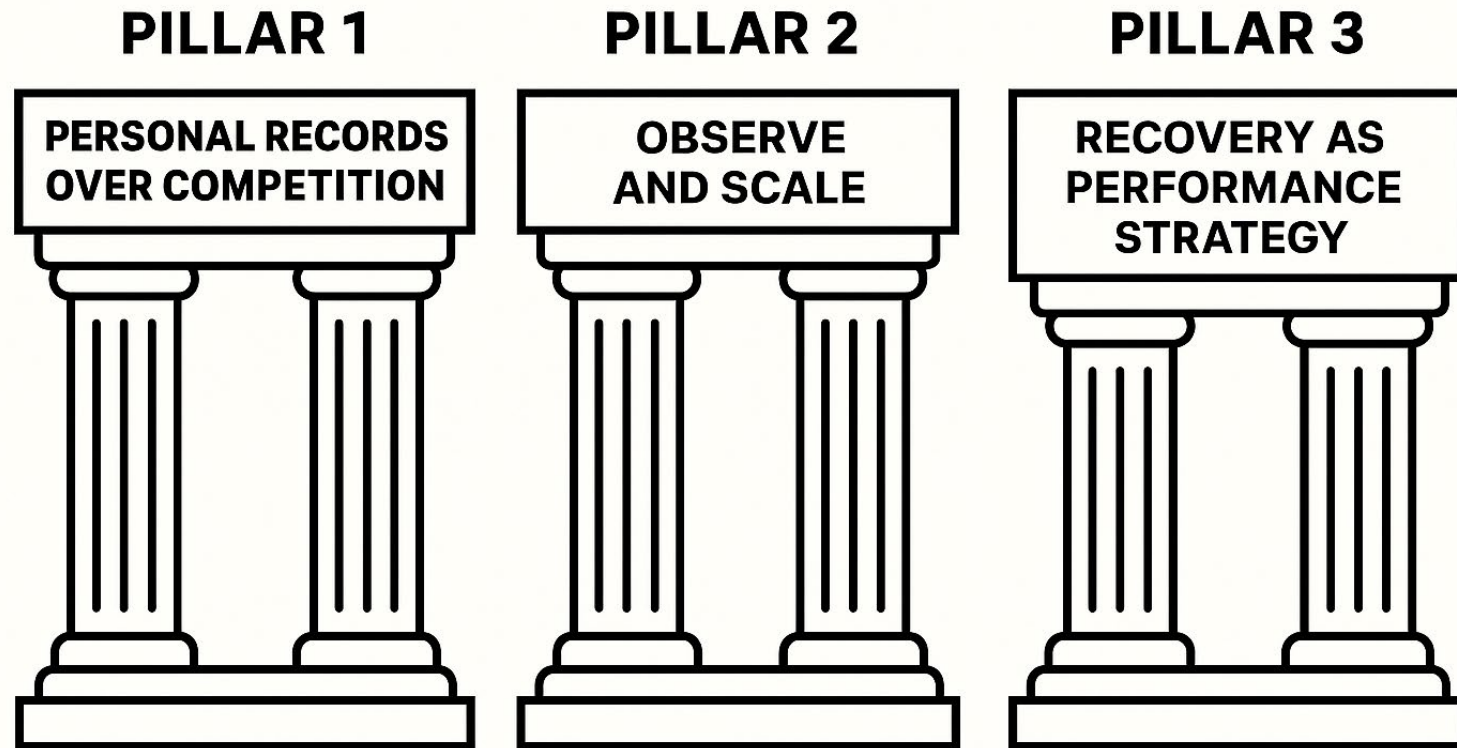
Focus:

Overall wellbeing through
incremental improvement +
community + FUN



A Systematic Framework

“The belief in the improbability of ourselves and each other”



PERSONAL RECORDS
May 2025

Back Squat:
135 → 155 lbs ✓

500m Row:
2:15 → 2:10 ✓

Deadlift:
185 → 200 lbs ✓

CROSSFIT PRINCIPLE:
PERSONAL RECORDS

Success

=

**Personal
Improvement**

FACULTY PERSONAL RECORDS

Student connections:
3 → 7 per week ✓

Boundary days:
2 → 4 per week ✓

Energy level:
Drained → Energized ✓

FACULTY APPLICATION: *TRACK YOUR GROWTH*

- ✗ Feeling pressure to “measure up”
- ✗ Falling victim to the “shoulds”
- ✓ Personal improvement tracking
- ✓ Individual path honoring

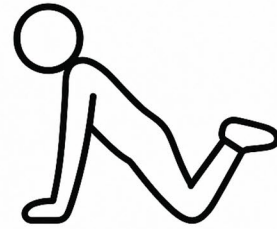
CROSSFIT PRINCIPLE: *OBSERVE & SCALE*



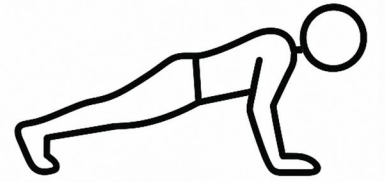
*Personalized cues
respect individual
structure*



Beginner



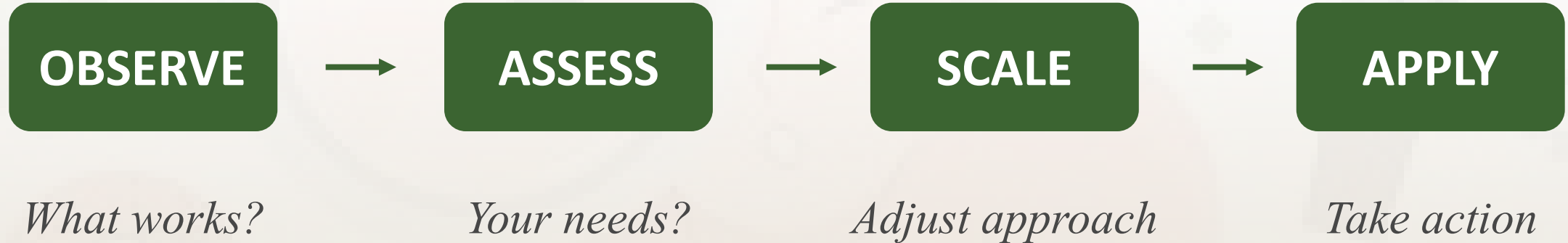
Intermediate



Advanced

Same movement, different abilities

FACULTY APPLICATION: *MINDFUL SELF-AWARENESS*



What depletes you?
What restores you?

When do you feel most authentic?
Move beyond "should" to "what works"

CROSSFIT PRINCIPLE:

RECOVERY AS PERFORMANCE

- Rest days = Part of training
- Recovery \neq Absence of work
 - Strategic restoration

| MON | TUE | WED | THUR | FRI | SAT | SUN |
|-----------|---------------------|------|--------------|------|---------------------|------|
| Heavy Day | Cardio & Gymnastics | Rest | Strength Day | Rest | Cardio & Gymnastics | Rest |

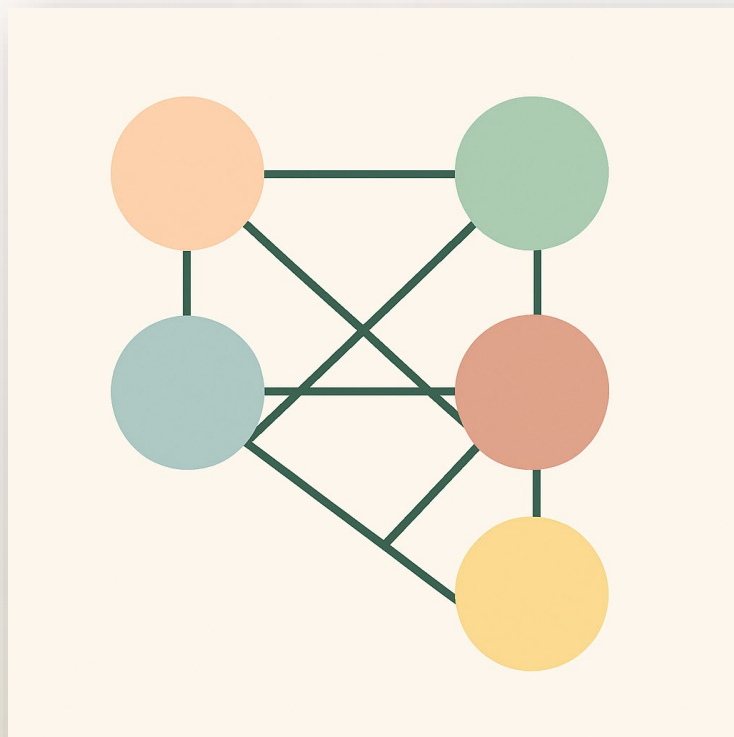
FACULTY APPLICATION:

RECOVERY AS STRATEGY

- Recovery is not selfish—it is systematic & strategic
 - Build sustainable practices
 - Model healthy boundaries
- Performance = Work + Recovery

| MON | TUE | WED | THUR | FRI |
|-----------|-------------------|---------|-----------|-------------------|
| Deep Work | Teach/ Connect | Restore | Deep Work | Teach/ Connect |

FROM INDIVIDUAL TO COMMUNITY



- Stop comparing → Create psychological safety
- Honor different paths → Build inclusion
- Model recovery → Give permission

What Will You Start Today?

Log form
available
here:



What personal records might you track this week/month?

What will you observe about your energy patterns?

How could you build one recovery practice into your schedule?

Thank You



Want to connect?
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