



# GROUND TEACHING

SPEAKING & WORKSHOPS

¶ we trace the patterns of dysfunction through most of our industrial systems, including education, the problem is clear: our systems are modeled after a mechanical operating system--one that values separation and fails to serve living humans in a living world.

I think we can all feel this intuitively. The question then, is: *What do we do differently?* One answer: *We look to the living world for models.* And, good news: they are out there! ¶

**SARAH POTTLE**  
**CO-FOUNDER**  
**GROUND TEACHING**

## PREVIOUS PRESENTATIONS INCLUDE

**Universities**, including Wharton Reimagine Education Conference, Kent State, Columbus College of Art and Design, and more

**Organizations**, including the Sierra Club, Break Free From Plastic, Weaving a Real Peace, Beyond Plastics, and more

**K-12 schools and districts** for both teachers and students

**Local institutions, associations, businesses, and organizations**, including fiber guilds, the Cleveland Seed Bank Speaker Series, the Cleveland Museum of Natural History, Agraria Center for Regenerative Practices, and more

In the past four years, Grounded Teaching has helped nonprofit organizations, school leaders, classroom teachers, homeschool parents, curriculum writers, and corporations shift away from operating through extractive, mechanical models towards living models. Those we've helped have experienced more energy, more reciprocity, more purpose, and more emergence in their daily work.

We are Sarah and Jess, the co-founders of Grounded Teaching. Our educational experience runs deep, with a total combined classroom experience of almost three decades, two National Board Certifications, Masters Degrees in Education, and thousands of young students we've had the pleasure of teaching. We've personally coached hundreds of classroom teachers, school leaders, business owners, and homeschool parents, and we have led hundreds of hours of workshops and professional developments for educators and educational leaders. Sarah has specifically worked in a few hundred schools in over fifty school districts in the United States. Sarah has been a Keynote Speaker for at the Wharton Reimagine Education awards and has served as a part of a Federal Department of Education working group during the pandemic. Sarah is the creator and host of the Regenerative Ed podcast which aims to find a new way forward for educators who care about a more regenerative future.

Despite the deep educational experience above, Grounded Teaching **would not exist without our work and learning outside the silo of the education system.**



What we've learned about living systems has mostly come from our work as organizers in local food and fiber movements, regenerative farming, certifications in yoga, health coaching, & permaculture, textile art, caretaking, and leading projects that connect people. This work outside of the educational system has humbly helped us unlearn the standard mode of operation in education and see the potential for a different way.

## SOLVING EDUCATIONAL PROBLEMS WITH LIVING SYSTEMS KNOWLEDGE

All of Grounded Teaching's keynote / workshop topics are based on observations of living systems and how we can use them to re-pattern outdated industrial interactions in education for a new regenerative paradigm.



*All keynotes and workshops come with a unique-to-you PDF to continue the thinking and application long after the keynote or workshop has ended.*

All offerings can be virtual or in-person and are customized for your audience. Keynotes may be provided by Sarah alone or by Sarah and Jess as co-speakers.

INTERESTED? GET IN TOUCH!

✉ [hi@groundedteaching.com](mailto:hi@groundedteaching.com)



[www.groundedteaching.com](http://www.groundedteaching.com)

## BUILD YOUR PRESENTATION

All keynotes and workshops come will be customized for your specific needs.

## MODE

### → Keynote

Simple presentation without audience interaction throughout. There is an option for Q&A at the end with additional time.

OR

### → Workshop

Presentation is built for audience interaction, discussion, and work time.

## TOPICS



### WHEN GIVING AND RECEIVING FEEDBACK FEELS LIKE A TRICK: SYSTEMS FOR SELF-OBSERVATION AND SELF-GOVERNANCE

*Workshop: 60-90 minutes | Keynote 20-60 minutes (depending on your constraints)*

Giving and receiving feedback seems like a natural part of the territory in a workplace or classroom, but it can sometimes feel like a trick--and, if it isn't a waste of time work, it can be at the expense of a positive team culture . How do we fix this? We look to living systems to see how living feedback loops are designed. Learn how to set up a feedback system as a living system, customized for your specific scenario, whether it's in a classroom, team, school, or org.

Leave this keynote or workshop with a clearer understanding of why feedback usually doesn't work as intended and strategies for doing it differently.



### WHEN BURNOUT IS RUNNING RAMPANT: USE LIVING SYSTEMS PATTERNS TO RE-ORGANIZE AND RE-ENERGIZE YOUR TEAM

*Workshop: 60-90 minutes | Keynote 20-60 minutes (depending on your constraints)*

Patterns exist everywhere we look in natural systems. By focusing on three distinct patterns, we can start to design work flows that operate with more ease and even create energy, instead of zap it. These patterns can be applied to all sorts of energy flows: everything from meeting formats to parent calls to community programming and lesson planning. Leave this workshop feeling more connected to the natural world while providing strategies and consideration for application.



### THE EDGE EFFECT: CREATING MORE VIBRANCY IN YOUR LEARNING OR WORK SPACE BY LEVERAGING CHALLENGES AND DIVERSITY-- AND BELIEVING IT!

*Workshop: 60-90 minutes | Keynote 20-60 minutes (depending on your constraints)*

We know that growth is all about challenge and the cycles of those challenges. Living systems are based on cycles, too: life, new iterations, death, life again. In an ecosystem, if a challenge is too simple or too difficult, the living thing will be thrown out of balance, and the results of the imbalance usually become concrete and visible. There is a sweet spot to being with challenges, and living systems actually have a lot to say about where you can find those sweet spots and why it matters. This keynote/workshop topic will help you understand where you might be selling yourself, your students, or your staff short when it comes to challenges. We'll use examples and metaphors from the living world to better understand how to concretely create more challenges in our work spaces, and you'll leave with a clearer understanding of why and when to push others and yourself, too.



### UNSUBSCRIBING TO THE ALGORITHM: PERMISSION TO BE YOUR MOST CREATIVE SELF AT WORK (AND THRIVE!)

*Workshop: 60-90 minutes | Keynote 20-60 minutes (depending on your constraints)*

sure, there are benefits to standardization, but the thing is, they're often short-term benefits, especially when it comes to elements of the human workplace. This keynote or workshop will give you the opportunity to identify the standardization around you that's causing stagnation and sacrificing longer-term benefits, remember who you are, and create space for you to do your unique work in this world. We'll discuss this concretely with strategies and practices you'll be able to use immediately. If you work with students, we can apply these learnings to them as well.

