



A Path With Heart: The Inner Journey to Teaching Mastery

Pete Reilly

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"A Path with Heart" is an invitation to think about great teaching as a journey of personal self-discovery. Master Teachers understand and research confirms that it's not only what we know about our subject matter and pedagogy that determines our effectiveness; but also how well we know our students, and ourselves. It offers a new and dynamic approach to increasing student performance while decreasing teacher stress and burnout. It's a practical guide for teachers willing to walk a road "less traveled", a path of self-reflection, self-awareness, and practice.

It provides tools and practices to help us:

Reconnect to our purpose and passion

De-stress and decrease overwhelm and stress

Deepen our self-awareness through mindfulness

Acknowledge and use our strengths and gifts

Become aware of our historical tendencies and habits

Stay centered in the midst of classroom action

Build trusting relationships

...and more

Reilly exposes the myth that teaching with heart is "soft" and grounds the book in research that confirms what many teachers know intuitively, "soft" skills are really "essential" skills. In fact, it's our hearts that hold the keys to unlocking our students' minds.

From the book: "It's you (the self you are) that inspires, motivates, encourages, and ignites the fire of curiosity in your students. They flourish when they come into contact with your own true heart. That's the magic of teaching."

Never has a book that focuses on the inner life, emotional well-being, and classroom presence of the teacher been more needed. Teachers are increasingly feeling the stress of punitive measures of accountability, a fixation on test scores, changing demographics, increased poverty, and a culture of scarcity. Reilly offers a passionate call to keep teaching "a path with heart".

Like Parker Palmer's, "The Courage to Teach" this book broadens the conversation around great teaching to include knowledge of "self". It's an inspirational love letter to the teaching profession and to those caring individuals who have the courage to share themselves with their students, day in and day out.

From the book: "In my experience human beings have shown themselves to be resilient, self-healing, self-learning organisms; and when we educators turn our attention inward, when we're able to find the wisdom within us, we find the path that is precisely right for us, and for us alone."

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