

Figure 8.1: RELEASE Protocol

Teacher: _____ Date: _____

Coach: _____ Focus area: _____

Phase 1: Recognition (5–7 minutes)*Perfectionist Patterns*

Identify specific situations where perfectionism emerged today.

Physical and Emotional Signals

Note your responses to these situations.

- Physical signs: _____
- Emotional responses: _____
- Thought patterns: _____
- Energy level: _____

Phase 2: Exploration (5–7 minutes)*Status Quo*

What were your expectations for the following?

- Lesson execution: _____
- Student responses: _____
- Overall outcomes: _____

Impact Assessment

How does the status quo affect the following?

- Your teaching: _____
- Student learning: _____
- Your energy: _____
- Classroom atmosphere: _____

Phase 3: Learning Edge (5–7 minutes)*Comfort Zone*

What aspects of teaching feel secure enough to experiment with?

Growth Zone

Where might some flexibility enhance your effectiveness?

Phase 4: Adaptation (5–7 minutes)

Flexible Responses

Identify situations where you could do the following.

- Adjust standards: _____
- Allow variation: _____
- Trust the process: _____

Support Needs

Define what would help you feel secure while adapting.

- Resources: _____
- Coaching: _____
- Practice: _____

Phase 5: Sustainable Excellence (5–7 minutes)

Balanced Standards

Define success that allows for the following.

- Growth: _____
- Flexibility: _____
- Sustainability: _____

Progress Markers

Note evidence of the following.

- Increased comfort with flexibility: _____
- Maintained effectiveness: _____
- Enhanced student engagement: _____

Coach's Notes

Observed Patterns

- Perfectionist triggers: _____
- Growth readiness: _____
- Support needs: _____

Development Focus

- Immediate focus: _____
- Short-term focus: _____
- Long-term focus: _____

Support Plan

- Next meeting date: _____
- Focus areas: _____
- Resources to provide: _____

Guidelines for Use

- Complete the protocol weekly or after challenging teaching moments.
- Spend no more than 30–35 minutes total.
- Focus on specific, observable situations.
- Balance maintaining quality with developing flexibility.
- Identify clear, manageable adjustment steps.
- Maintain a regular reflection schedule.

Monthly Progress Review

- Patterns noticed: _____
- Growth indicators: _____
- Support needed: _____
- Celebrations: _____

Remember: The goal is balanced excellence, not perfection. Each small adjustment builds toward more sustainable teaching practices.

Next review date: _____

Coach signature: _____