

System of Wellness Instruction for Teachers and Teens – SWIFTT

Archived Podcast Interviews

Podcast 1: Teacher Talk (T²)

Mary Fowlkes, 37-year veteran physical education teacher

- [Episode 1 – Biography and Influence . . . My Why](#)
- [Episode 2 – Honing Your Craft](#)
- [Episode 3 – Developing Relationships](#)
- [Episode 4 – Technology Challenges](#)
- [Episode 5 – Words of Wisdom](#)

Podcast 2: Biking in the Community (T²)

Michael Anderson, 15 years of supporting youth bike programs

- [Episode 1 – Biography and My Why](#)
- [Episode 2 – Employment Opportunities](#)
- [Episode 3 – Urban Biking Programs](#)
- [Episode 4 – Future Vision](#)

Podcast 3: Support through Standards and Policies

Stephanie Morris, chief executive officer, SHAPE America

- [Episode 1 – Biography and My Why](#)
- [Episode 2 – Support through Policy](#)
- [Episode 3 – Support through Standards-Based Education](#)
- [Episode 4 – The Landscape of Current PE Programs](#)
- [Episode 5 – Forms of Teacher Burnout](#)
- [Episode 6 – The Feeling of Professionalism](#)

Podcast 4: Mission and Partnerships

Maria Manby, outreach director, WASA.org

- [Episode 1 – Mission and Partnerships](#)

Podcast 5: International Teacher Advisement

Mortimer Bennett, international teacher from Jamaica with 11 years of teaching experience (first year in the USA)

- [Episode 1 – Biography and My Why](#)
- [Episode 2 – Challenges of an International Teacher](#)
- [Episode 3 – Advice for International Teachers](#)
- [Episode 4 – Adjustments to School Culture](#)
- [Episode 5 – Making a New Home](#)