Leading the Celebration: Ending the Year With Excitement, Accomplishment, and Renewed Energy

Webinar
May 11, 2023

Welcome! We will begin shortly.

If you can see the slide and hear the music, you are all set.

All attendees are muted upon entry. Please use the chat feature for comments and questions during the webinar.
Thank you for joining us

The webinar will be recorded and available.

All webinar registrants will receive a follow-up email that will include the webinar slide deck, recording, and other resources mentioned during the presentation.

Please introduce yourselves in the chat box

- Your name
- Your location
- Your role in the educational sector

@learningforward

www.learningforward.org
Thank you for joining us

Melinda George
Moderator
Chief Policy Officer
Learning Forward
Washington, DC
Outcomes for this webinar

- Understand what the research shows about SEL
- Share tips and strategies for tending to your own well-being and staying motivated
- Consider coping strategies in stressful environments
- Learn from colleagues about SEL strategies that have worked for themselves and with their colleagues.
1. What is your current stress level?

<table>
<thead>
<tr>
<th>Least stressed</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>Most stressed</th>
</tr>
</thead>
</table>

2. How well are you tending to your own well being?

<table>
<thead>
<tr>
<th>Taking time to care for myself</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>I have no idea who I am anymore</th>
</tr>
</thead>
</table>

3. Multiple choice: Social-emotional learning is:

- [ ] Critical for students
- [ ] Critical for adults
- [ ] Critical for both students and adults
“We don’t have the time not to do this.”

— A teacher in Tulsa
SEL eases burnout
SEL strategies ease burnout

- **Connect** adults’ well-being and skills with those of students

- **Take a sequencing approach:** Start with adults’ own SEL skills; follow with PD about developing students’ skills

- Consider short SEL **rituals**, the most widely adopted strategy

- **Collaborate** with your peers to be intentional about well-being
Panel discussion

Tim Stevenson
Master Sherpa
Executive Coach
Stevenson Leadership Coaching
Dallas, TX

Sharon Bradley
Director of Family and Social Services/SEL
Plano ISD
Plano, TX

Melisa Sandoval
Director of Learning Services
Westminster Public Schools
Denver, CO

Chandra Youngblood
Director of Elementary Education
Battle Creek Public Schools
Battle Creek, MI
Self-Maintenance for Sustained High Performance and Personal Well-Being

“Support Mountain”
Intrinsic = What?

What **activities** for you bring about recharging, refreshment, rejuvenation?

e.g.: exercise, reading, music, arts & crafts, hobbies
Extrinsic = Who?

What _people_ in your life can you go to for advice, encouragement, support?

Friends, family, coworkers, past mentors, “best friend at work”
Environmental = Where?

What places for you provide rest, peace, sanctuary, refreshment?

A specific chair, a back porch, park, restaurant, coffee shop
Self-Assessment Questions

1. Look at the page as a whole – Do you have any general observations?

2. How are you doing working your system?

3. Self-maintenance is a matter of self-respect, as well as a practical necessity
Why Don’t People Take Better Care of Themselves?

1. Excessive busyness

2. Guilt

“It is not selfish to see to my own well-being!”
Why Don’t People Take Better Care of Themselves?

1. Excessive busyness
2. Guilt
3. They fail to plan to do so
Making the Shift from Self-Care to Community Care

Due to:

- Staff Absenteeism Rates/Lack of Subs
- Interpersonal Conflicts
- Staff Morale
- Teacher Retention Issues

We’ve recognized the need to build systems-level time, conditions, and opportunities to effectively address the impact of stress amongst staff and prioritize educator wellness.
The Wellness Wheel

Self-Care Assessment
Giving ‘Permission’ through CONDITIONS……

Incorporate ongoing wellness opportunities through existing structures

• Curate wellness resources that are easily accessible to educators throughout the school year

• Prioritize connection and support

Second Step SEL for Adults
Our family members, students, friends, and colleagues deserve the BEST of us ... and not what’s left of us.
May is mental health awareness month!
Be proactive and not reactive.
# Checking in with your own mental health

<table>
<thead>
<tr>
<th>Pause to check in with your own mental health</th>
<th>Can lead to feelings of…</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="Intention" /> <img src="image" alt="Balance" /> <img src="image" alt="Coping" /> <img src="image" alt="Connection" /></td>
<td>Wellness!</td>
</tr>
<tr>
<td><img src="image" alt="Intention" /> <img src="image" alt="Balance" /> <img src="image" alt="Coping" /> <img src="image" alt="Connection" /></td>
<td>Confusion, Insignificance, Purposelessness</td>
</tr>
<tr>
<td><img src="image" alt="Intention" /> <img src="image" alt="Balance" /> <img src="image" alt="Coping" /> <img src="image" alt="Connection" /></td>
<td>Exhaustion, Overwhelmed, Unmotivated</td>
</tr>
<tr>
<td><img src="image" alt="Intention" /> <img src="image" alt="Balance" /> <img src="image" alt="Coping" /> <img src="image" alt="Connection" /></td>
<td>Agitation, Stress, Emotional Fatigue</td>
</tr>
<tr>
<td><img src="image" alt="Intention" /> <img src="image" alt="Balance" /> <img src="image" alt="Coping" /> <img src="image" alt="Connection" /></td>
<td>Isolation, Disconnection</td>
</tr>
</tbody>
</table>

- ![Intention](image)
- ![Balance](image)
- ![Coping](image)
- ![Connection](image)
The process of NeuroTransactional Repair is a sequential journey.
Ending the year with Excitement, Accomplishment, and Renewed Energy

Excitement
- Stay student focused
  - Live in the moment
  - Celebrate as a school community

Accomplishment
- Engage in the celebrations
  - Plan ahead as much as possible
  - Detailed lists

Renewed Energy
- Balance needs
  - Say no

Chandra Youngblood
Ending the year with Excitement, Accomplishment, and Renewed Energy

**Lessons Learned**

- Tech tools
- Acknowledge colleagues
- Employee Assistance Programs
- Chiropractic care / Massage therapy / Yoga
- Laughter is the best medicine!
Discussion and Questions
Let us hear from you

Please fill out our post-webinar survey

https://www.surveymonkey.com/r/R2LN3VW
Mark your calendars

Interest meeting:
Tuesday, May 16
1:00 PM ET
Curriculum-Based Professional Learning (CBPL) Interest Meeting

OR

Interest meeting:
Wednesday, May 24
3:00 PM ET
Curriculum-Based Professional Learning (CBPL) Interest Meeting
Online resources

Look for follow-up resources, including a recording of this webinar and slides:

- Read latest issue of *The Learning Professional*
- Check out the Learning Forward blog
- Use the *Action Guide for Principals*
- Coaching Resources
Thank you!