

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



Webinar  
May 11, 2023

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

## Welcome! We will begin shortly.

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](https://twitter.com/learningforward)



# Thank you for joining us

**Melinda George**  
Moderator  
Chief Policy Officer  
Learning Forward  
Washington, DC



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# 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.

# Poll

1. What is your current stress level?

Least stressed

Most stressed

1

2

3

4

5

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

Taking time to  
care for myself

I have no idea  
who I am anymore

1

2

3

4

5

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

May 11,  
2023



**S STEVENSON**  
**LEADERSHIP COACHING**  
*Improving the world through developing New and Better Leaders*



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SHERPA

# Self-Maintenance for Sustained High Performance and Personal Well-Being

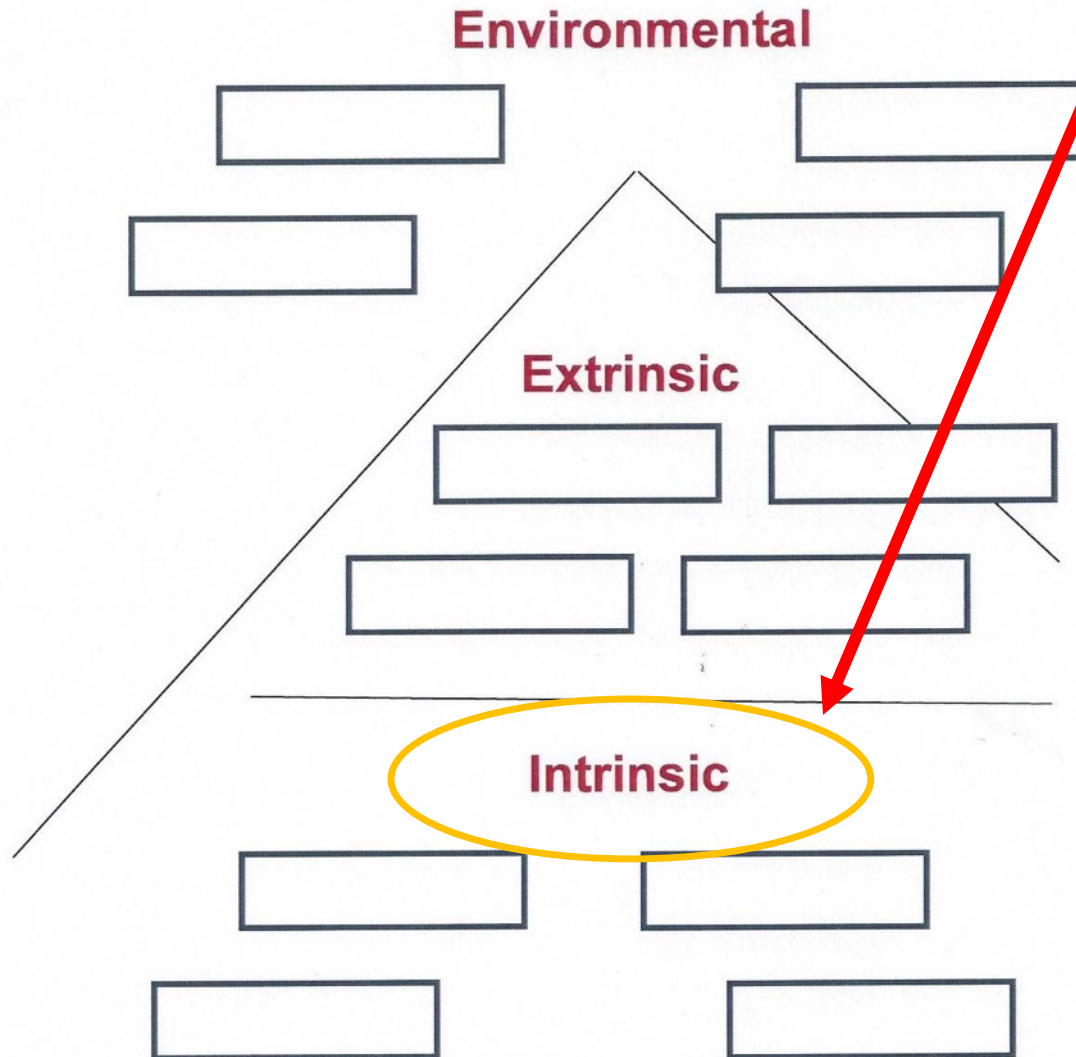
## “Support Mountain”





# Your Self-Maintenance System

The "Support Mountain" Sherpa Coaching Process



**Intrinsic = What?**

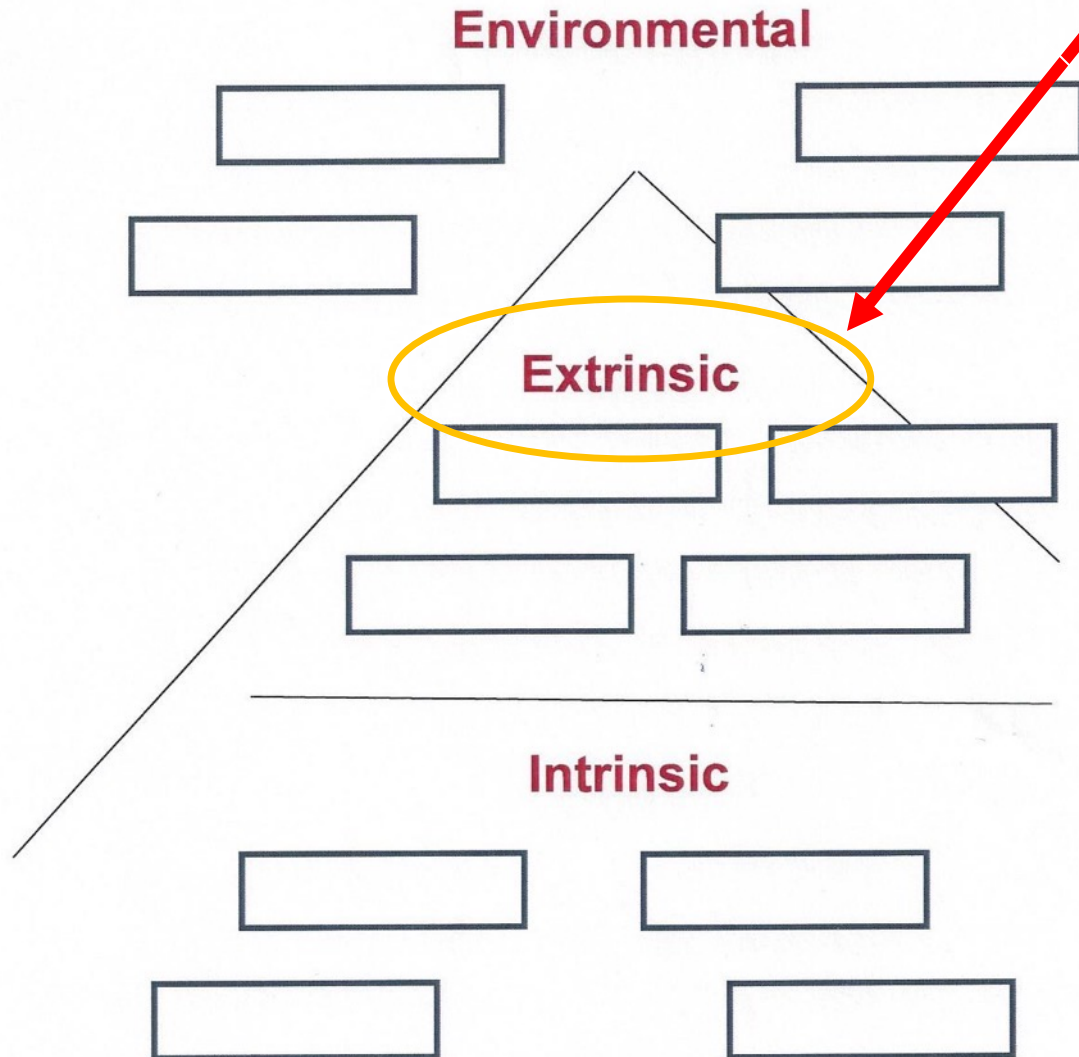
What activities for you bring about recharging, refreshment, rejuvenation?

e.g.: exercise, reading, music, arts & crafts, hobbies



# Your Self-Maintenance System

The "Support Mountain" Sherpa Coaching Process



**Extrinsic = Who?**

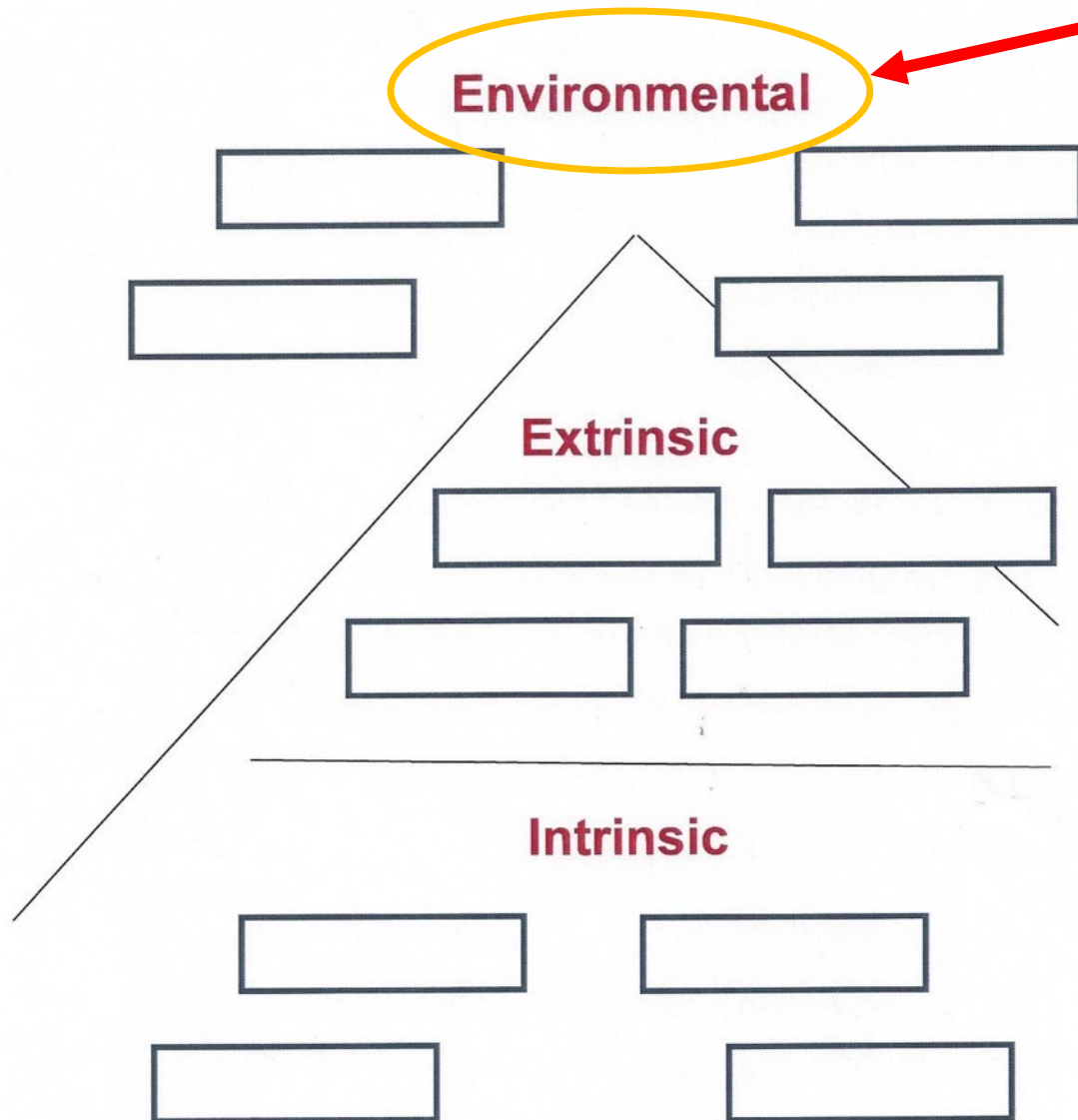
What people in your life can you go to for advice, encouragement, support?

Friends, family, coworkers, past mentors, "best friend at work"



# Your Self-Maintenance System

The "Support Mountain" Sherpa Coaching Process



**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







SHERPA

Sherpa  
Coaching



# 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

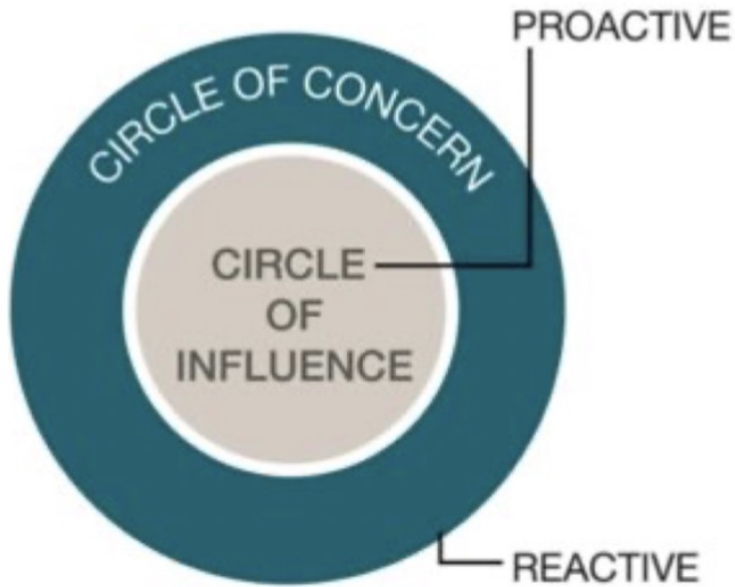
[Second Step SEL for Adults](#)

# Educator Wellness Directly Impacts EVERYTHING!



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.



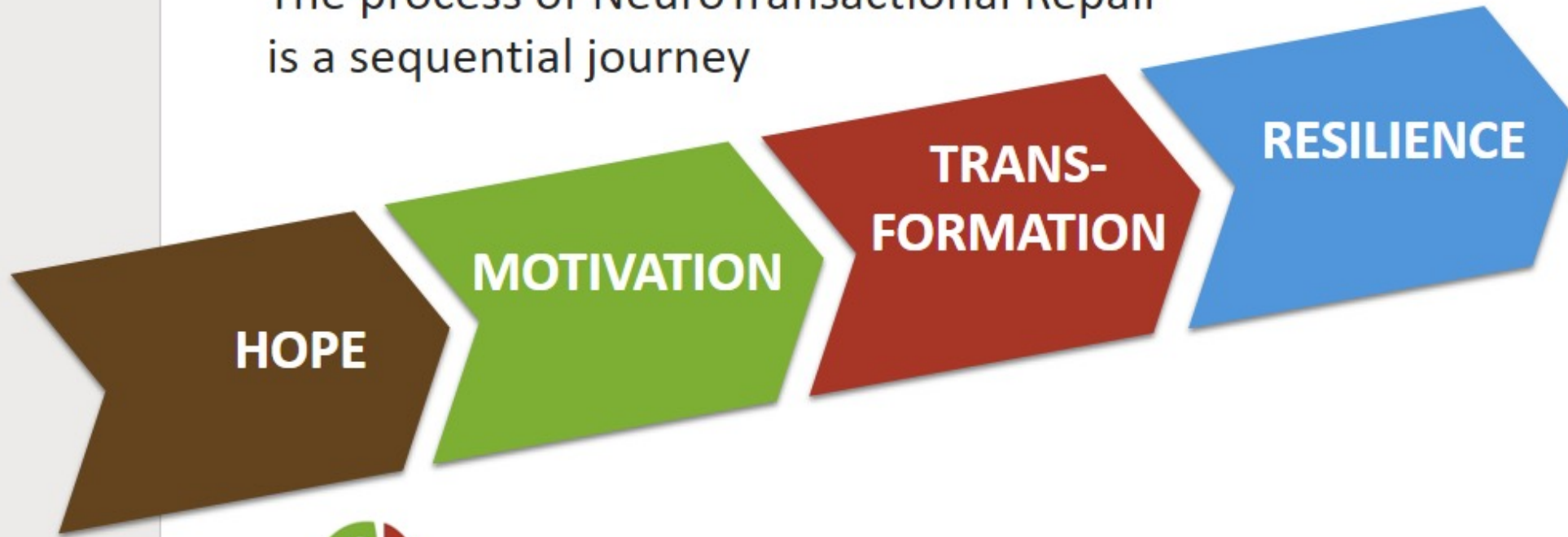


# Checking in with your own mental health

Pause to check in with your own mental health				
Intention	Balance	Coping	Connection	Can lead to feelings of...
✓	✓	✓	✓	<b>Wellness!</b>
✗	✓	✓	✓	Confusion, Insignificance, Purposelessness
✓	✗	✓	✓	Exhaustion, Overwhelmed, Unmotivated
✓	✓	✗	✓	Agitation, Stress, Emotional Fatigue
✓	✓	✓	✗	Isolation, Disconnection

# From Hope to Resilience

The process of NeuroTransactional Repair  
is a sequential journey

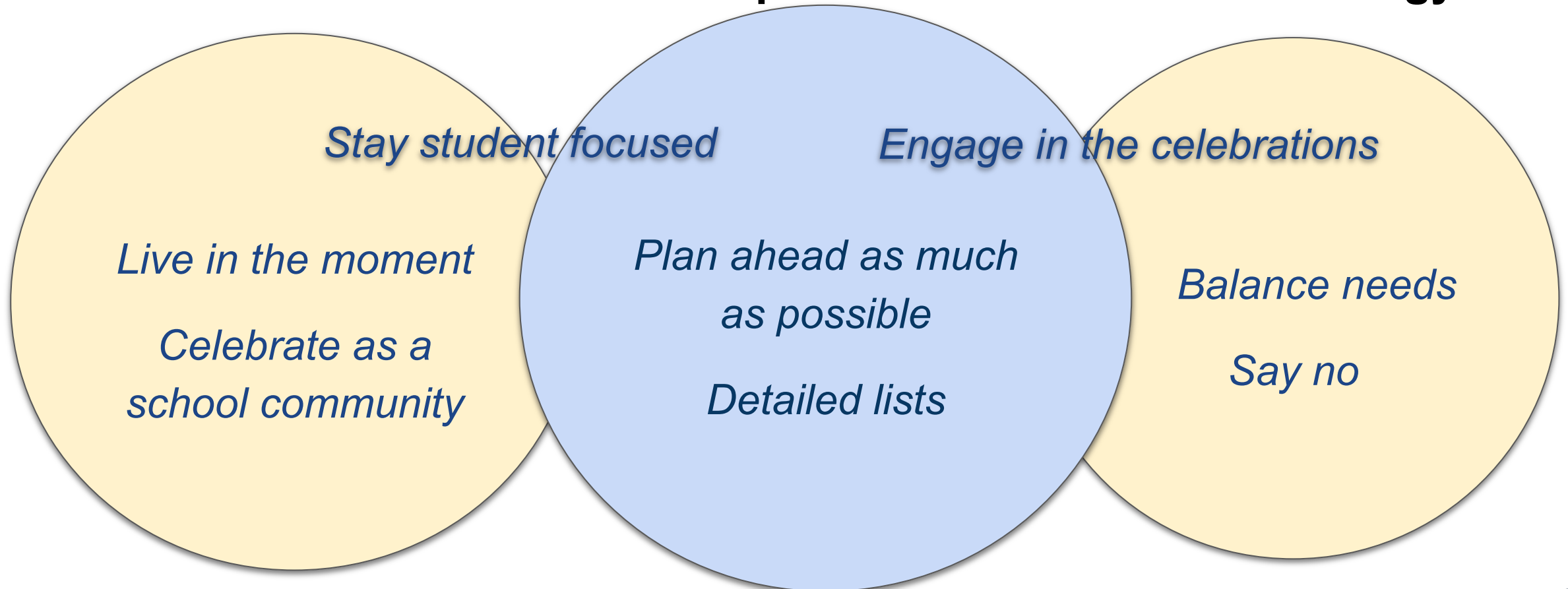


## Ending the year with Excitement, Accomplishment, and Renewed Energy

### Excitement

### Accomplishment

### Renewed Energy





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>





2023

# Learning Forward's Annual Conference

Evidence into Action



December 3 – 6, 2023

Washington, DC

#LearnFwd23



# Mark your calendars

**Interest meeting:  
Tuesday, May 16  
1:00 PM ET**

Curriculum-Based  
Professional Learning  
(CBPL) Interest Meeting

**OR**

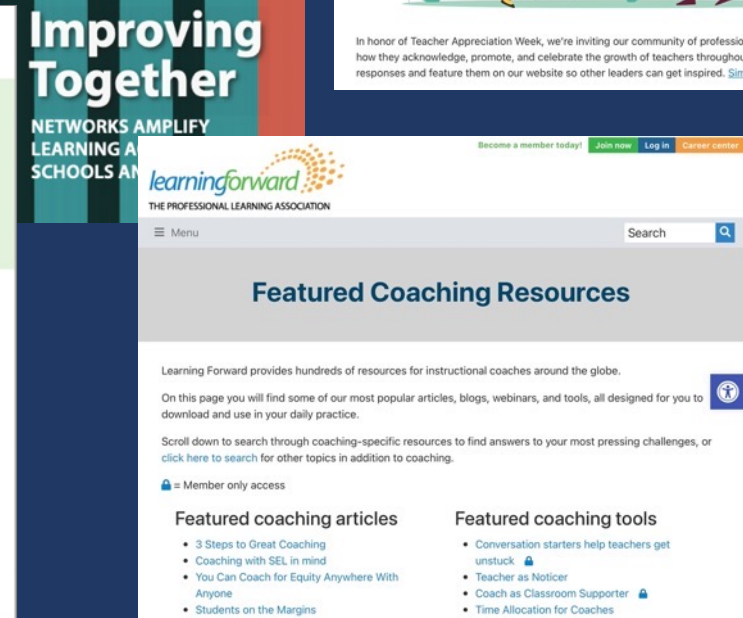
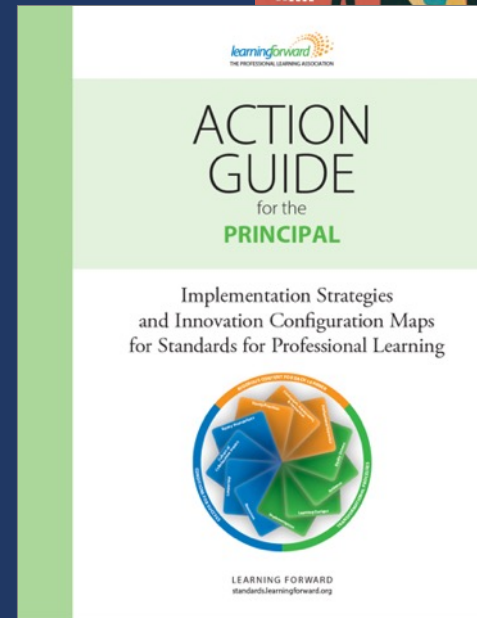
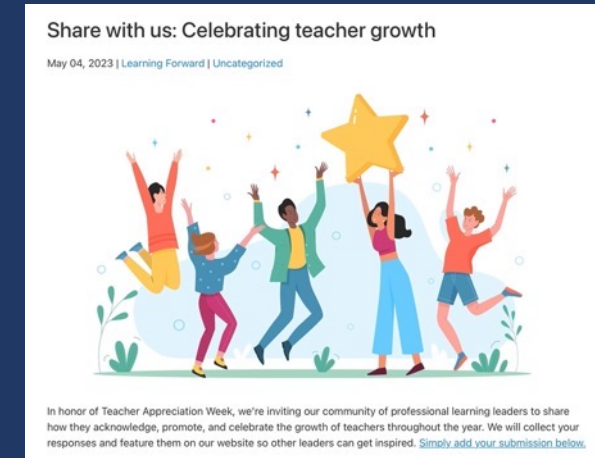
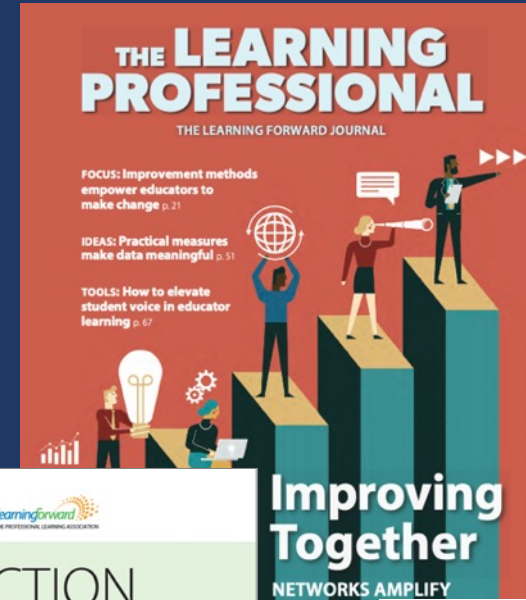
**Interest meeting:  
Wednesday, May 24  
3:00 PM ET**

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!

