

MARICOPA COUNTY SCHOOL SUPERINTENDENT CULTURE & CLIMATE CALENDAR

WEEK ONE

Standards For Healthy Leading

Are you taking care of yourself as a leader?

A healthy leader:

Honors the Body

Get an adequate amount of sleep & food. Regular doctor visits. Stay home when sick. Exercise.

Honors Loved Ones

Spend time with family & friends & attend to urgent matters. Cultivate & maintain relationships.

Honors Personal Space

Create a pleasing space at work & home.

Honors Boundaries

Limit cell use. Leave work at a reasonable hour. Set aside time to think & reflect.

Honors Personal Limits

Recognize signs of hunger & fatigue. Forgive self. Take recuperative time.

Listens to The Signs

Listen to concerns of loved ones. Attend to symptoms of stress. Monitor energy level. Seek counsel.

NYC Leadership Academy

WEEK TWO

Attend To Your 4 Major Needs

People who are both successful and happy intentionally structure their activities around four major needs:

Happiness

Pursue activities that bring pleasure and satisfaction.

Achievement

Pursue activities that get tangible results.

Significance

Pursue activities that make a positive impact on the people who matter most.

Legacy

Pursue activities through which you can pass your values and knowledge on to others.

Dr. Travis Bradberry
TXTS 4 Leaders

WEEK THREE

Maintaining A Vision Of Work- Life Balance

Check your assumptions by asking yourself these questions:

Are you setting boundaries and encouraging others to do the same?

Are you unintentionally overpraising staff that goes "above and beyond?"

Are you rewarding good work with additional work?

Are you sending emails after hours or on weekends?

Are you asking your staff what they need?

WEEK FOUR

Staff Self-Care Strategies

Self-Care Bingo

Google provides a collection of Bingo Cards. Provide Self-Care prizes for a Bingo winner.

Showing Gratitude

Create an easy-to-use system for staff to show gratitude to one-another or create a system for the community to anonymously share gratitude for the school, staff, or students. These thoughts of gratitude can then be shared at staff meetings, in school announcements, or staff newsletters.

Check-In

Create a schedule for school leaders to check in on staff. Leaders then check in with each other, sharing findings (while maintaining anonymity) and suggestions to support the staff.

Positive Playlist

Invite staff to send you the title of songs that lift them up. Create a Playlist audio file to share with the staff. Play at the opening of staff meetings or in the background of staff gatherings.

Connecticut State Department of Education

SELF CARE STRATEGIES
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