How Might School Leaders Employ Mindful Strategies
to Realize Personalized Learning?

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Outcomes
1. Identify personal leadership strengths and challenges;
2. Define key areas and influences on the work and success of school leaders;
3. Reflect on and identify ways to use key findings from positive psychology, neuroscience and mindfulness to improve efficacy.

Agenda

Introductions

Examining Leadership Moments

Implications of Behavioral Research for School Leaders

Vulnerability and Courage

The Role of Mindfulness in Leadership

Reflection and Goal Setting

Closing and Commitments

Tools and Resources ➔
Tools and Resources

TED Talk: The Power of Vulnerability—Brene Brown: https://www.youtube.com/watch?v=iCvmsMzlF7o


How to Have a Good Day, Caroline Webb

10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works--A True Story, Dan Harris, 2014


Introductory Meditation apps

Breathe
Headspace
10% Happier