



What Resilient School Leaders DO



Seek work-life balance

Action: Put effort into maintaining harmony between professional responsibilities and personal life to avoid burnout and maintain well-being.



Be grateful

Action: Practice gratitude and acknowledge the positive aspects of their lives and work to maintain perspective and resilience.



Prioritize relationships

Action: Strengthen connections with team members, stakeholders, and peers for building a resilient leadership foundation.



Focus on purpose

Action: Concentrate on the underlying reason for their work and responsibilities to stay motivated and impactful.



Are self-aware

Action: Have a clear understanding of their strengths, weaknesses, emotions, and behavior to make informed decisions and handle challenges effectively.



Focus on the organization organization

Action: Operational Effectiveness. Maintain clarity in goals, roles, and processes to enhance organizational efficiency and agility.

Adapted from: The Resilient School Leader by Bryan Harris and Janet Gilbert, 2023



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Protect their time

Action: Implement effective time management practices to maximize productivity and maintain focus on strategic priorities.



Refine Communication

Action: Continuously improve communication strategies to ensure clarity, alignment, and engagement among team members.



Listen

Action: Use active listening skills to "hear" stakeholders' concerns, views and ideas. Ask probing questions, emphasize and paraphrase,



Understand change

Action: Prepare scenario plans, use phrases of influence and empowerment, teach staff to learn from failure, and celebrate successes



Are experts in conflicts

Action: Separate person from idea, use root cause analysis to clearly define the source, consider all perspectives, manage ANTS (automatic negative thoughts), identify common ground to build on



Take risks

Action: Clarify the purpose to set goals, do risk management, learn new stuff, innovate, reflect on mistakes and failures to find a new way forward, go out of their comfort zone.

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