

CONNECTICUT ADMINISTRATORS LEADERSHIP RETREAT

MARCH 17

THE SPA AT NORWICH INN

KEYNOTE
BRANDI LUST



BREAKOUT SESSION #3 OPTIONS

THE ART OF HOLDING SPACE: LISTENING AS A KEY TO BALANCED LEADERSHIP

BRANDI LUST - TEACHER, WRITER, AND SPEAKER

Description: We spend 70-80% of our waking time communicating, and listening is the communication skill we use the most. Leaders, especially, are often key communicators responsible for maintaining understanding between students, teachers, parents, and school district leadership. However, there are myths that keep us from hearing others, and therefore understanding what's really needed in a situation. Learn about the crucial skill of listening, and how to apply it to leadership.

USING THE TECH IN YOUR POCKET

LAUREN BASSELLINI, EDUCATION LEADERSHIP EXECUTIVE, APPLE

Description: Leaders are faced with many challenges today, and technology can be an important part of the solutions. So many leaders use an iPhone every day. What if they learned to leverage the built in power of the device to help them enhance their leadership skills? In this session, leaders will learn how to amplify walkthrough experiences, capture and promote success stories, inspire faculty, and focus on self care all with built in features of the iPhone. Leaders will walk away with practical strategies they can immediately implement into their daily leadership practices.

TOP 10 STRATEGIES TO ADDRESS YOUR STRESS

**LISA M. HAGERMOSER SANETTI, PHD - PROFESSOR, DEPARTMENT OF EDUCATIONAL PSYCHOLOGY
NEAG SCHOOL OF EDUCATION, UNIVERSITY OF CONNECTICUT**

Description: Attendees of this session will learn the three major sources of workplace stress that lead to burnout, multiple strategies to address each, and a process for putting these strategies into action. Resources to assist school leaders in enacting these strategies for themselves, and ideas for how to use them with their staff will be provided.

WHEN SELF-CARE ISN'T ENOUGH, TRY COMMUNITY CARE

**ANNE KUBITSKY - WRITER, ARTIST & FOUNDER
LOOK FOR THE GOOD PROJECT**

Description: This session will introduce you to the concept of community care and teach you how to uplift your school community with a simple art project. Keynote: Through her deceptively simple cartoon characters, Anne Kubitsky will teach you about stress, the nervous system, and how to recognize signs of burnout and community trauma. Anne has been running community care initiatives through the Look for the Good Project for the last 11 years, with her school-wide Gratitude Campaign program reaching 300,000 students in 35 states. She is formally trained in biology and art and was recognized by former President George HW Bush for her efforts to heal communities. Participants will practice kid-friendly nervous system-reset activities they can bring back to their school community.