

NAESP Webinar Wednesday

Principal in Balance

Go Beyond Work-Life Balance to
Ignite Passion and Thrive as an Educator.



Jessica Cabeen

Wednesday, March 18th
3:00-4:00 PM EST

Question:

Are you currently working with
students:

In Person

or

In a Distance/Digital Format?

SELF-CARE IS NOT SELFISH,
AND AT TIMES
IT CAN BE

LIFE
SAVING

Jessica Cabeen



When you can't leave it in your car.

Surviving through a difficult season.

- Give Yourself Grace.
- Lean into what you do well.
- Sleep, eat, exercise, repeat.
- Don't expect to be 100% for a while.
- Phone a friend, or your therapist.
- Find a mantra, or a music playlist.

Jessica Cabeen

EDUCATOR, AUTHOR, SPEAKER

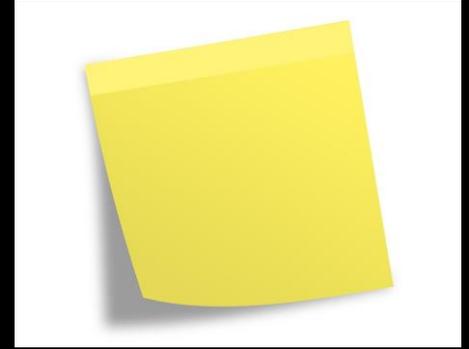


PRINCIPAL SELF-CARE

Checklist

- Set office hours.
- Exercise 30 minutes a day
- Connect with a colleague
- Send notes of gratitude to staff and students.
- Play a family game, off-line.
- Read something for fun.
- Reach out to a family member or friend.





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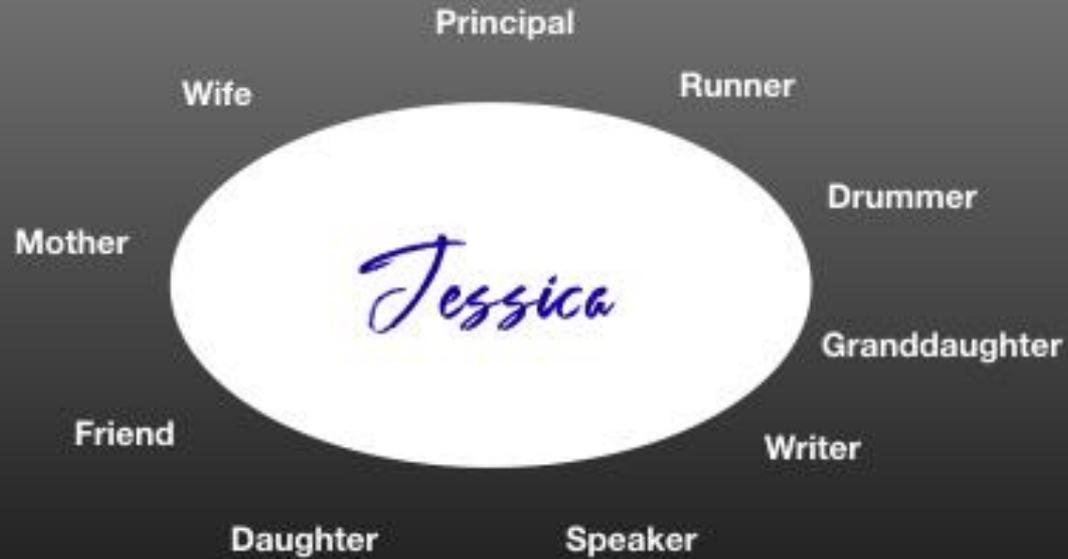


Who am I?



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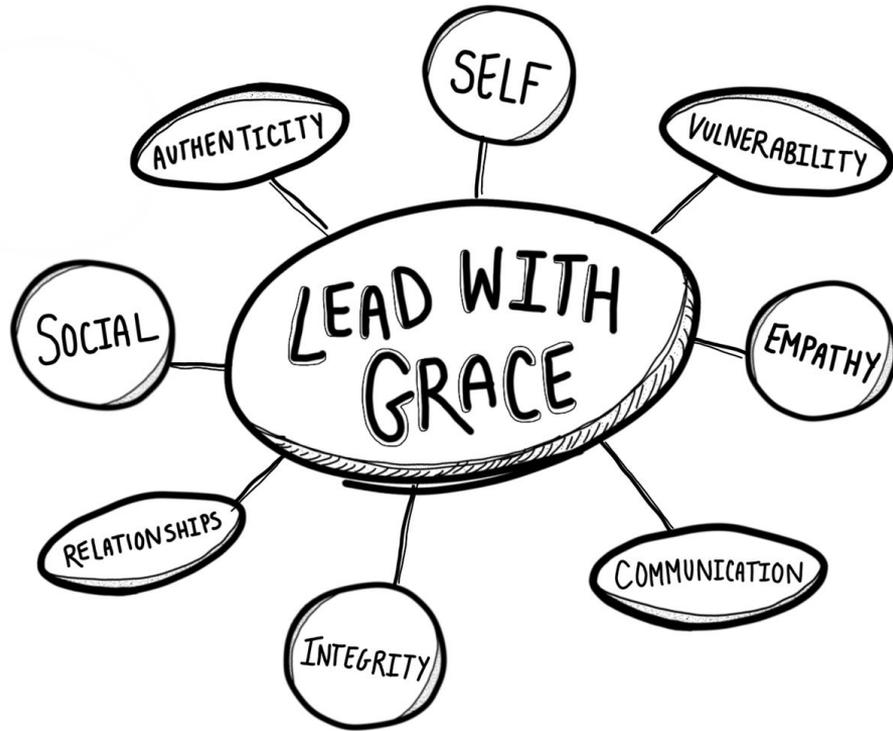


Who are you?



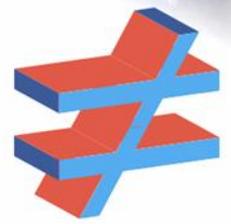
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Who are you.

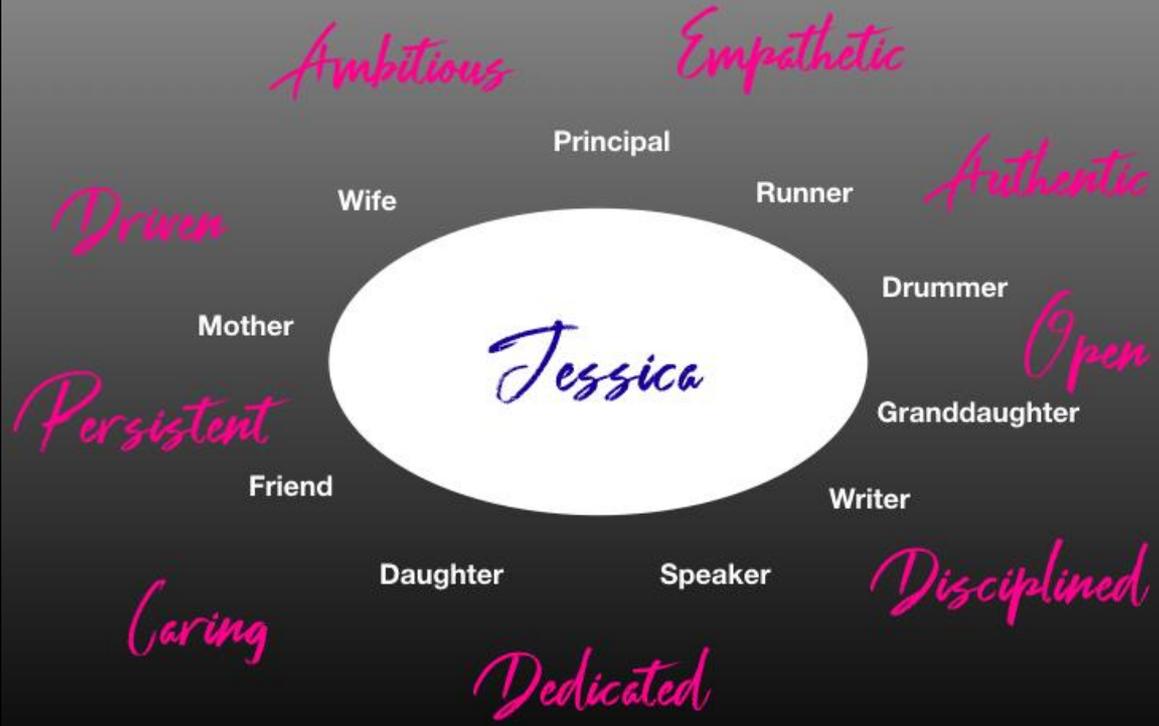


What you do.



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Balance Quadrants

Balance Like a Pirate

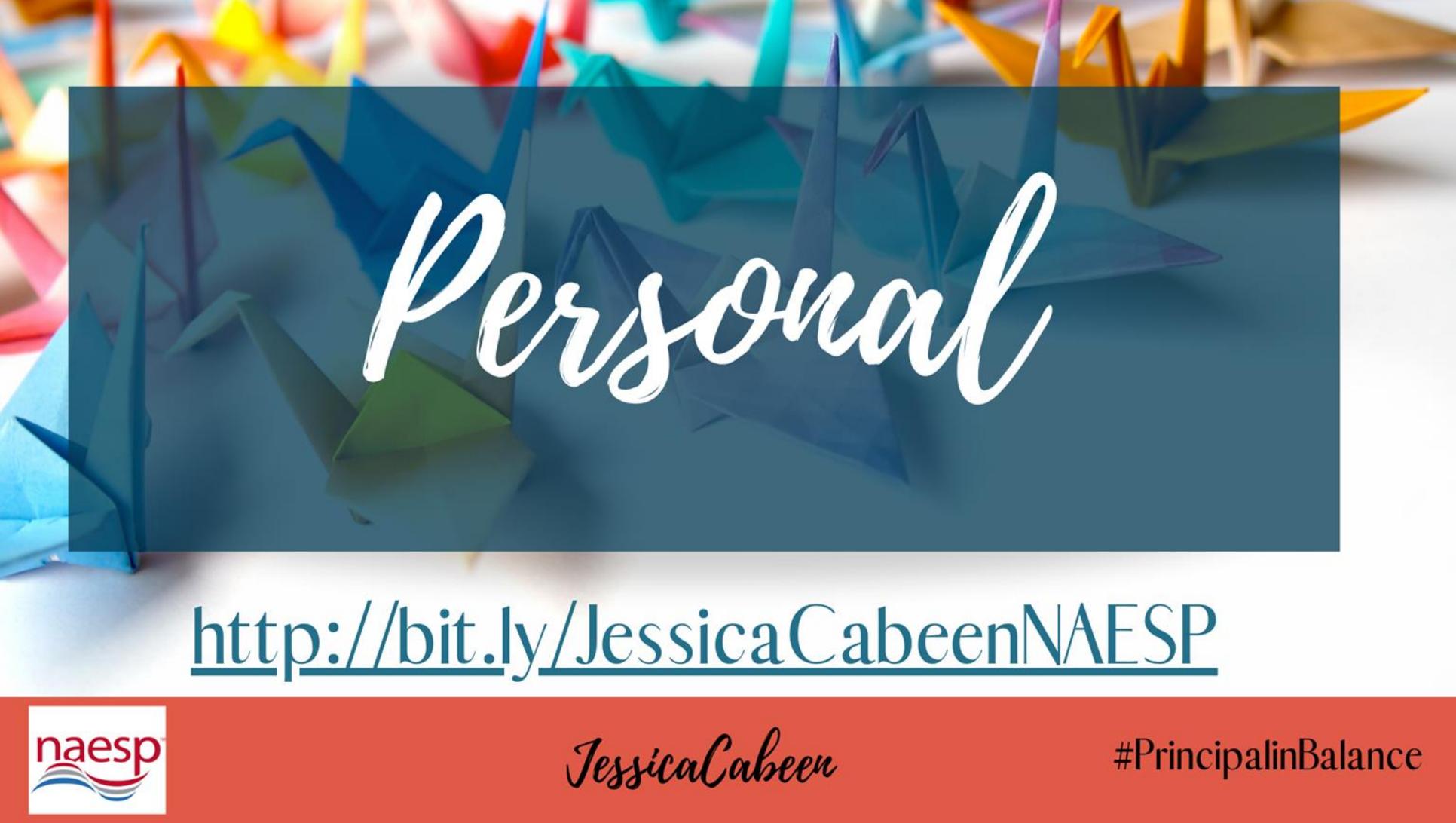
Personal

Professional

Positional

Passions



A background of numerous colorful origami cranes in shades of blue, teal, yellow, orange, and red, scattered across a light surface. A semi-transparent dark blue rectangular box is overlaid in the center, containing the word "Personal" in white cursive script.

Personal

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Making Time For What *Matters*

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“

Instead of
focusing on
being perfect,
lets start
figuring out
how to be
present.

JESSICA CABEEN

Lead with Grace



Connections



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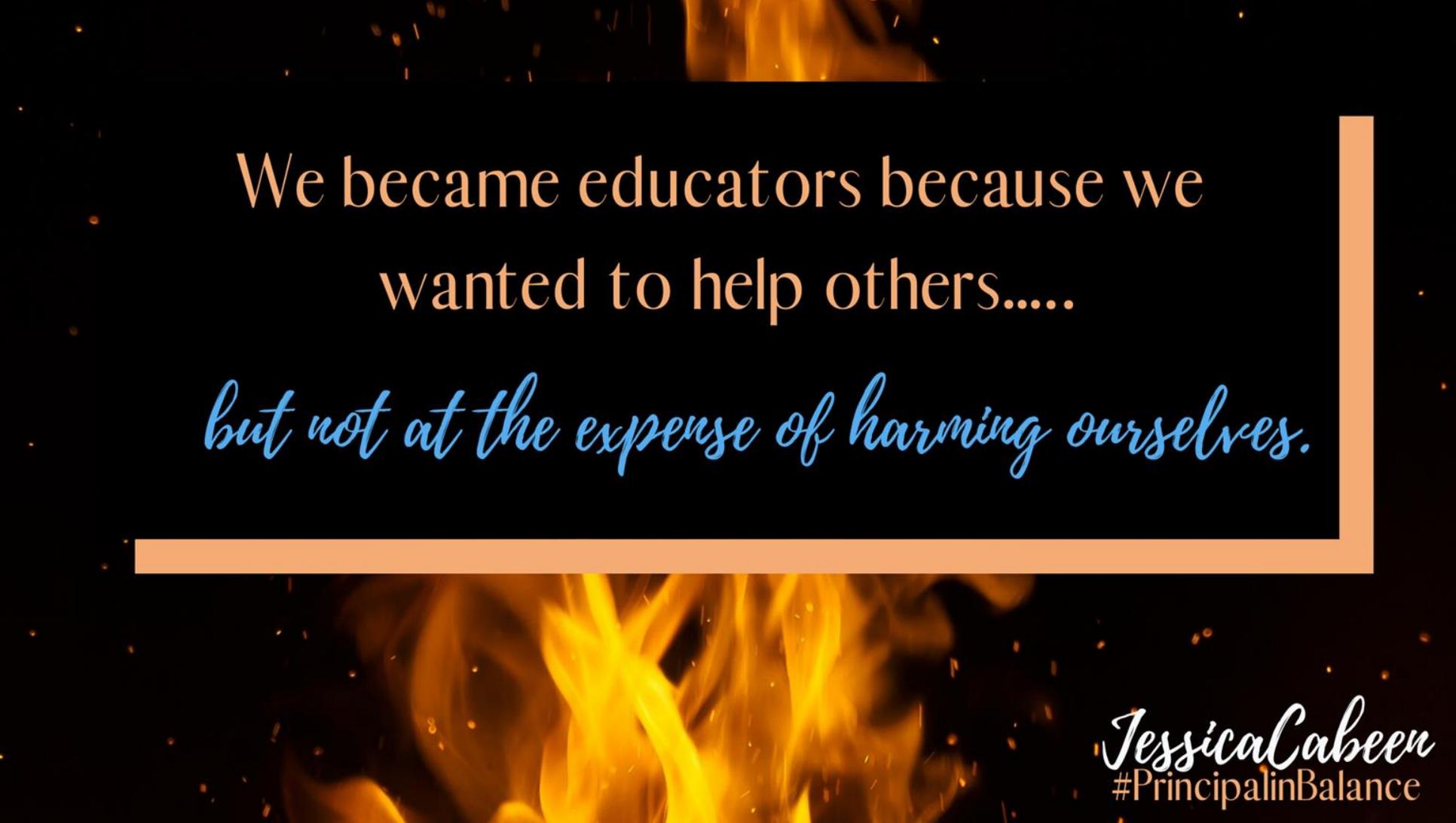
Connections

- Journal to your children
- Cards for your loved ones
- Play a game, find a hobby
- Check out 150 Ways to Show Kids you care.



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We became educators because we
wanted to help others.....

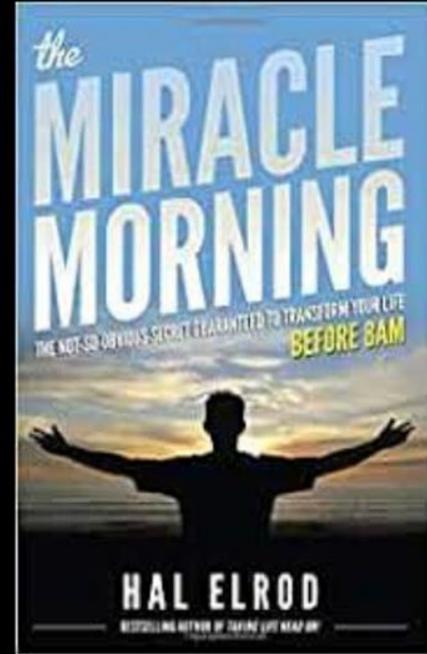
but not at the expense of harming ourselves.

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Miracle Morning

SAVERS

- Silence
- Affirmations
- Visualization
- Exercise
- Reading
- Scribing



Grateful For

Looking Forward To

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A background of numerous colorful origami cranes in shades of blue, green, yellow, and red, scattered across the top half of the image. A semi-transparent dark blue rectangle is overlaid on the cranes, containing the word 'Positional' in white cursive script.

Positional

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WORK

PRIORITIZE

LESS

MORE

Question:

How many hours a week would you say you work?

35-50?

50-65?

65 or more?



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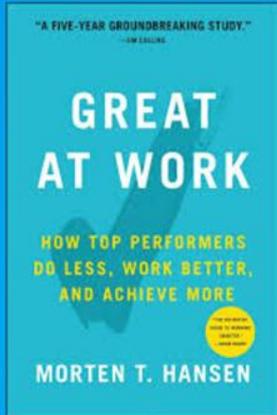
How Many Hours in a Week

Do You Work?

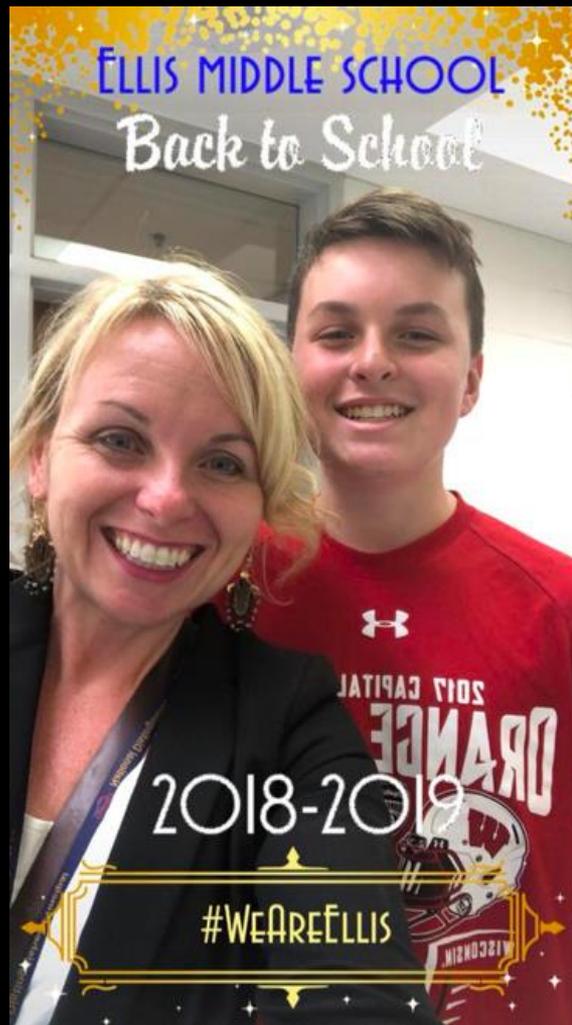
35-50 Hours

50-65 Hours

65 or More?







SETTING
BOUNDARIES

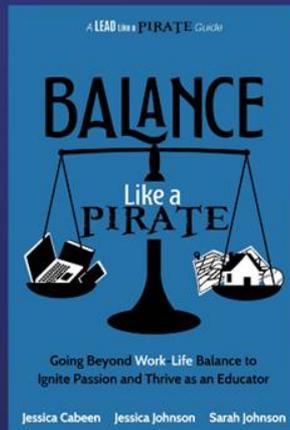
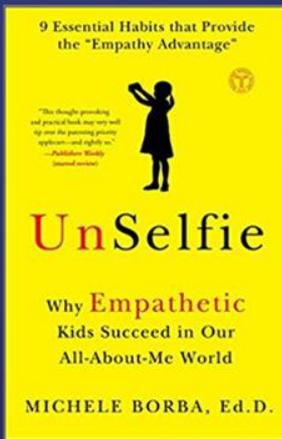
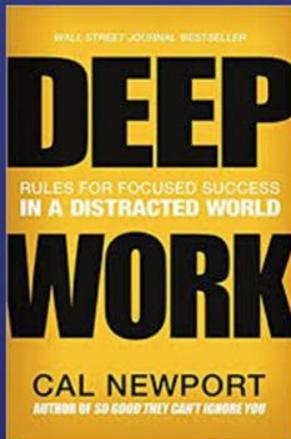
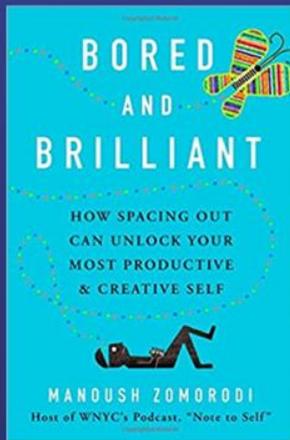
WHITE SPACE
TECHNOLOGY
REFRAMING

Just because
technology is on 24-7,
doesn't mean you have
to be as well.

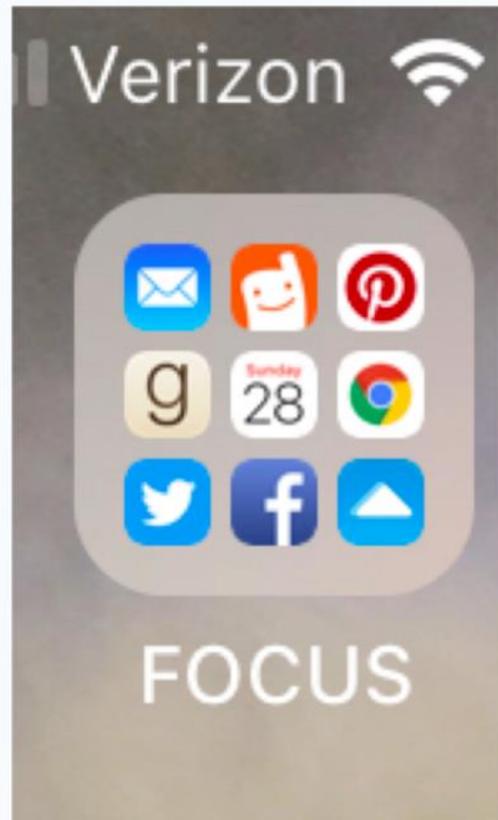
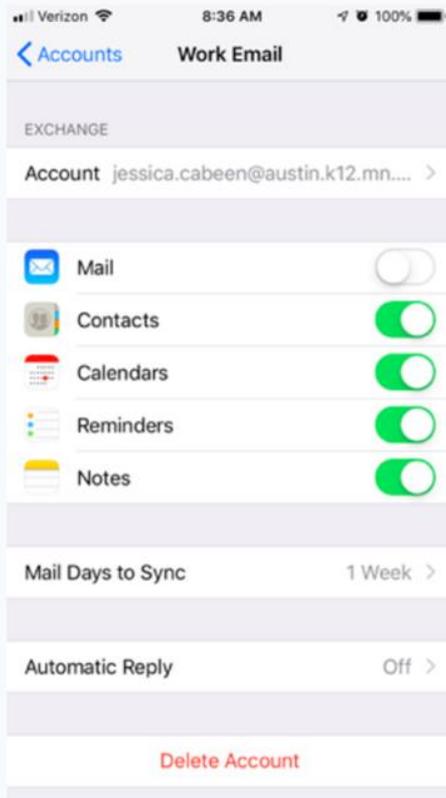


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NO NOTIFICATIONS

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IN BOX ZERO

Don't browse it
Try not to touch it twice
Email is not your to-do list



Your state of mind
matters as much
as the words you speak.

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Reframe

THOUGHTS, MIND AND
ACTIONS



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FUNNEL.



FILTER.



Professional

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IDEA: _____

LISTEN



LEARN



LEAD





STAYING SANE IN THE SANDBOX: LESSONS IN LEADERSHIP

YOU DO WHAT IN KINDERGARTEN?

MORE ABOUT ME ▾



IN AWE
Podcast

INSPIRATION TO
AMPLIFY WOMEN
AND EMPOWER
A COMMUNITY TO RISE

#INAWETORISE

SCHOOL LEADERSHIP SERIES

Created by Daniel Bauer



FIND A PLATFORM
CREATE A TRIBE
COMMIT TO TRYING

JESSICA CABEEN

NAESP Center for Innovative Leadership Intro...

Watch later Share

MORE VIDEOS

0:17 / 1:31

DEEPER. DIFFERENT. DIALOGUE.

SCHOOL LEADERSHIP
UNEARTHED

SAM RADIO NETWORK



A background of numerous colorful origami cranes in shades of blue, teal, yellow, orange, and red, scattered across a light-colored surface. A semi-transparent dark blue rectangular box is overlaid in the center, containing the word "Passions" in white cursive script.

Passions

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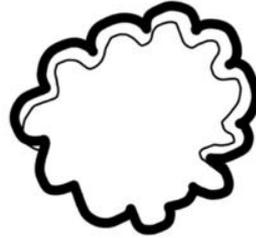
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Dream

BIG

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DREAM BIG FRAMEWORK



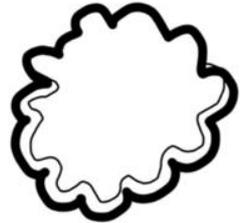
-POST WHERE-
YOU CAN
SEE



WHO KNOWS
ABOUT THESE
DREAMS?



HOW WILL I
KNOW WHEN
THEY ARE
ACHIEVED?



WHAT AM I DOING
— IN MY DAILY LIFE TO ALIGN —
WITH THESE DREAMS?



Pick one thing
and do it well.

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Set a goal

Make a plan

Tell others

Celebrate success

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Questions?



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When you can't leave it in your car.

Surviving through a difficult season.

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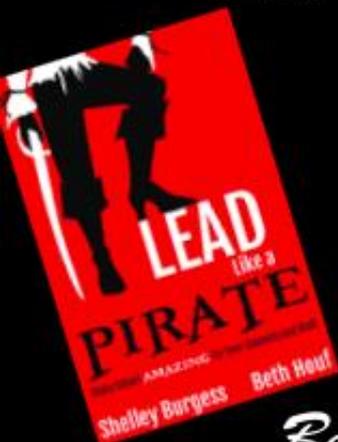


So you want to be a *Pirate?*

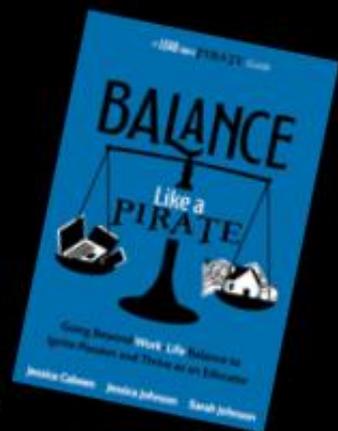
Transforming
School Culture

While

Finding Balance
in Our Lives



Beth Houf

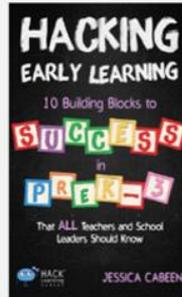
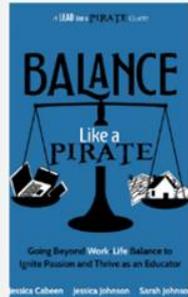
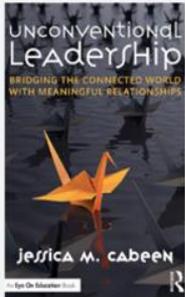


Jessica Cabeen

ON THE SOCIALS

Twitter, Facebook and Instagram: @JessicaCabeen

BOOKS AVAILABLE



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