The “To Do List” Begins with YOU!

Finding Work-Life Balance During and After COVID-19
Discussion Facilitators

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Poll 1: How Did Your District Handle Transitioning to Distance Learning?

1. Jumped in headfirst
2. Slow to start
3. What’s distance learning?
Dr. Edmond’s FAMILY
WE > ME: Work & Life Balance?

- Children ages 18, 15, 13, and 9 years
- Golden Retriever, Cider (1 ½ years old)
- Youth coach of football & basketball
- All active in school & select sports
- Volunteer in organizations
WE > ME: Work & Life Balance?

- 5K - 4th Grade School: 550 students
- 50 + Staff Members
- Significantly Exceeds Expectations
- High Achieving & Low Spending District
- No Administrative “Layers”
If we know things balance at 50-50, in what percentages would you quantify your professional responsibilities in comparison to your personal responsibilities?

Choices:
- 50-50
- 75-25
- 25-75
- 80-20
- 20-80
Common Characteristics of Plantar Fasciitis Pain

- Occurs at bottom of foot or near heel
- More severe in the morning
- Worsens after carrying weight

- Alleviates with rest
- Causes heel swelling and stiffness
WE > ME + WE are FAMILY = ??

Woodside Family

Forget About Me I Love You

Edmond Family
Flip the Script! ME > WE

FAMILY

I AM

- I AM HEALTHY
- I AM STRONG
- I AM HAPPY
- I AM BALANCED

PERFECTLY BALANCED
AS ALL THINGS SHOULD BE
ME > WE: Let Go of the Guilt!
"Let It Go" was a hit song from the movie Frozen. On your journey of work-life balance, what will you have to let go of to create your own "I AM" strategies?

(Be sure to use the dropdown menu and select “Panelists and Attendees” so everyone can see your comments)
Journey of Balance: Work Life ME

What do I VALUE and will bring me HAPPINESS? CONNECTION!

- Daily Schedule- Six of eight hours focused of connection with school community
- Scheduled Connect Time- every staff member, fifteen minutes, every other month
- Shared Leadership- Identify and nurture leadership strengths in willing staff members
- Leadership Vulnerability- be true to me and share the best (and worst) of me as a human being
Journey of Balance: Personal Life ME

- Daily Exercise - workouts and/or walks as many days a week as possible (BEFORE SCHOOL)
- Devoted Time - before school and set time frame every evening and weekend
- Healthy Diet - ensure I am eating nutrient rich foods and drinking plenty of water
- Better Sleep - a minimum of 7-8 hours a night, including weekends
Maintaining Balance During COVID-19

**Work Life**
- Attending instructional meetings & classrooms lessons throughout day
- *Connect Time* has become *Walk & Talk* sessions to keep us active
- Messages of encouragement and motivation to staff and students
- Team building activities
- MOVE, MOVE, MOVE

**Personal Life**
- Stay active six days a week (sometimes twice a day)
- More Family Time - opportunities for quality time with no after school commitments
- Healthy Diet - continue to eat well and drink water (easier access to food!)
- Sleep - DEFINITE 8 hours a night
The Three F’s of Work-Life Balance

FLEXIBILITY

FORGIVENESS

FAITH

"Forgiveness isn’t about the other person. It’s about you."

"Let your faith be bigger than your fear."

“...”
If you had to pick one area of your work-life balance to improve upon today, what would it be and WHY?

(Type your response in the chat box! Be sure to use the dropdown menu and select “Panelists and Attendees” so everyone can see your comments)
Who gets the best of me?
Find your off switch

- What are your non-negotiables?
- Teleworking doesn’t equal on call
- Choose what you will multitask

Almost everything will work again if you just unplug it for a few minutes. Even you.
What type of leader does your school community need right now?

- Choose your battles
- Leverage your leadership
- Be transparent
- Stay consistent
You can’t pour from an empty cup.

In the chat box share what you are doing for you during this time?

(Be sure to use the dropdown menu and select “Panelists and Attendees” so everyone can see your comments)
Daily 5

- (1) Class Dojo post sharing something positive
- (2) Staff check ins via phone call
- (3) Informal observations with feedback
- (4) Homeschool activities/lessons planned for the day
- (5) 15 minute unplug moments of the day
WE Are Here to Help!

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