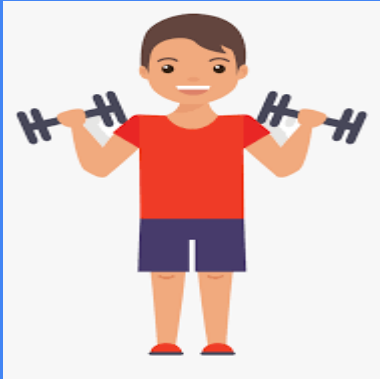




The “To Do List” Begins with YOU!

Finding Work-Life Balance During and After COVID-19



Discussion Facilitators



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How Did We Get Here?



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”



Work-Life Balance Poll Question #2

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

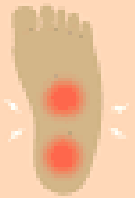
25-75

80-20

20-80

The Awakening: October 5, 2018

Common Characteristics of Plantar Fasciitis Pain



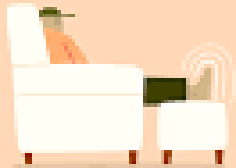
occurs at bottom of
foot or near heel



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

F A M I L Y

I AM

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



ME > WE: Let Go of the Guilt!



Work-Life Balance Chat Box Question

***“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
ISN'T ABOUT
THE OTHER
PERSON. IT'S
ABOUT YOU.

FORGIVENESS

FAITH



Work-Life Balance Discussion Question

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?



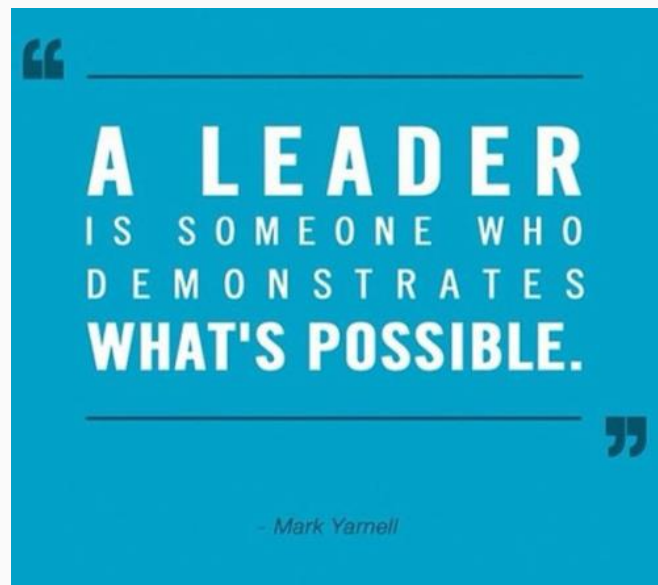
Find your off switch

- 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.

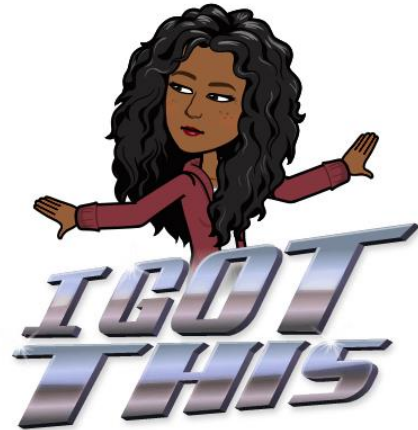
In the chat box share what you are doing
for you during this time?



(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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