



MINDFUL HORIZONS



BODY - MIND - HEART ALIGNMENT

Contract

To: **Ms. Annie Moses**
Assistant Superintendent, Township of Union Board of Education

From: **Chrysoula K. Fantaousakis, Ph.D.**
Executive Director, Mindful Horizons, LLC

Subject: Mindful School Leadership as a Social Practice
Professional Development Workshop Series

Time Period: June 4, 6, 7, 20, 21, 22

Sessions: 6-day workshop series for 3 hours each day

Cost: \$250.00 per hour

Date: June 11, 2018

Project Description

Mindful School Leadership as a Social Practice: Collaborative Visioning of the Union School District Mission

A Professional Development workshop series designed for the administrators of Union Township School District. The themes of this workshop series are: mindfulness, Resilience, Emotional Intelligence, and Compassionate Communication. The training is based on the principles of positive psychology and mindful traditions as a cultural practice. It is a dynamic and engaging program that is designed to empower the Union School District Leaders and to foster a leadership practice of educational excellence, collegial collaboration, and community building. The document attached elaborates this professional development workshop series in detail.

Mindful School Leadership as a Social Practice

Collective Visioning of the Union School District Mission

Day I: Introduction of our Union School District Leadership

Group Activity

Introductory Conversations

Getting to know you

Each leader's role and the gifts of her/his Leadership

Overall Themes of Workshop Series:

Mindfulness, Resilience, Emotional intelligence and compassionate communication:

1. Mindfulness is not a religion – it is a Life Style and a Work Style
 - a) Mindfulness, b) Emotional Intelligence, c) Resilience
2. The four keys to Mindful Leadership
 - a) Mindfulness, b) Hope, c) Compassion, d) Playfulness
3. Visioning the Mission of Union School District

Group Activity

1. Is Schooling a Social Practice or an Academic Practice
2. Is Schooling Value Laden or Value Free

Who we are as leaders

Who we aspire to be as leaders

How we get there

Visioning the Mission of the Union School District

Take Notice

Workshop Activities

1. Alignment of values and action
2. Self-Other Values: The Community we serve at a glance

At Work Activity

3. Journaling concrete moments of leadership

Day II: Introduction of the Union School District Community

Group activity

1. Describe diversity as we know it
 - a. in our heart, b) in our home, and c) in our community
2. Describe diversity in the community we serve as we know it

Mindful Leadership in Action

Socially Conscious Leadership

Ethnically Conscious Leadership

Racially Conscious Leadership

Case in Point:

Viewing White Like Me by Tim Wise

Take Notice

Workshop Activities

1. Phrases and messages that resonated in your heart from this documentary
2. New insights gained from this documentary
3. Possible inspirations gained from the documentatary

At Work Activity

1. Journaling concrete moments of leadership (continued)

Day III: Living Wholeheartedly and Communicating Authentically and Mindfully

The Survival of the Compassionate Leader

Self-compassion in the core of mindful leadership

Well-Being: a) self-kindness, b) mindfulness, c) common humanity

Mindful leadership and the three basic human needs at work

- a) Safety, b) satisfaction, and c) connection

Four keys of the Emotional Resilience in Mindful Leadership

1. Mindfulness
2. Hope
3. Compassion
4. Playfulness

The Art of Communication in Mindful Leadership

NVC: Language of life and the four mechanisms of communication

1. Listening to learn not to Affirm your views
2. Observe to identify needs and support required
3. Offer observations and make concrete requests
4. Cultivate collaborations that support needs and individual success
5. Reward the vulnerability in daring greatly
6. Recognize the creativity in the spontaneity of imperfection

Four Mechanisms of Authentic and Mindful Communication

Explore the creative force of mindful and authentic communication:

1. **Be Impeccable with your Word:** Speak with integrity in the direction of truth and love and avoid using your word to speak against yourself or others
2. **Don't Take Anything Personally:** Nothing others do is because of you but is instead a projection of their own reality. This awareness will free you of most needless suffering.
3. **Don't Make Assumptions:** Find the courage to ask for information and express what you want with clarity to avoid misunderstandings, sadness, and drama.
4. **Always Do Your Best:** While your best will change from moment to moment, simply do your best – no less and no more.

Take Notice

Workshop Activities

1. Judgment free wording
2. Common humanity wording
3. Compassionate wording
4. Empowering wording

At Work Activity

- 1, Journaling concrete moments of leadership (continued)

Day IV. Visioning the Mission of Union School District

The Language of Life and the Art of Visioning

Group Activity

1. Recognizing Obstacles and Transforming them into Assets
Transform Victim Consciousness to victorious consciousness
2. The Compassionate Autonomy of Mindful Leadership
 1. Be authentic: Get the ego out of the way
 2. Be engaging: Give up control and false sense of power
 3. Be social: Integrate purpose, goals, and objectives into community model
 4. Walk the talk Integrate Vision into Leadership practice
3. Union School District Collective Visioning
Co-create foundations of a limitless district awareness

Take Notice

At Work Task

1. Journaling concrete moments of leadership (continued)

Day V. Visioning the Collective Leadership of Union School District

The Art of Collaborative Leadership

Schooling as a social practice embedded in the community

1. Leadership Visioning at the district level
2. If you want to change the world, change the metaphor

Leadership visioning at the school level

Schooling as a social practice embedded in the community

It takes a village

1. Teacher involvement
2. Student involvement
3. Parent involvement
4. Community involvement

Take Notice

At Work Task

1. Journaling concrete moments of leadership (continued)
2. Review your perception of journal entries for discussion the next day

Day VI. Co-Create, Take Ownership, and Embody the District Vision

Review of the Journaling concrete moments of leadership

Pearls of wisdom in action

Share stories and alternatives

The Collaborative Creation of a Union School District Vision Board

If you want to change the world, change the metaphor

Record the metaphor of your leadership