

PERFORMANCE UNDER PRESSURE
Leading In Changing And Challenging Times

***WHO YOU ARE MAY BE MORE IMPORTANT THAN
WHAT YOU KNOW***

Your style and persona are critical to your leadership effectiveness
Your persona affects everyone else at the meeting
It's not how much you know, but how well you communicate what you know
Go the "B.A.R." when you need to (Breath And Relax)
"Stress and fatigue alter your persona and you may be the last to know."

***YOUR LIFE COMES TO WORK WITH YOU AND
LEAKS OUT ALL DAY***

Your balance & wellbeing affect your stamina, energy, attitude & ability to focus
When you can't eliminate stress, balance it
Get what you need, not just what you want to be at your best
When under pressure, humor is one of the first things to go, hold on to yours
"Laughter is the shortest distance between two people."

ADOPT THE LAVA LAMP PHILOSOPHY

Don't fall into the comfort zone
Prohibit "psychosclerosis" (hardening of the attitude)
We need to be agile & resilient in times of change
When things don't turn out as planned, refocus on goals
Great board members have a sense of productive dissatisfaction about their work
*"The illiterate of the future are not those who cannot read and write,
but those who cannot learn, unlearn and relearn!"*

WHAT WE FOCUS ON... EXPANDS

Focus on goals and outcomes, not obstacles
Optimism & enthusiasm empower colleagues and students
Don't allow "G.G." (Group Gripping) among on your board or faculty
Use the "10/90" Rule (10% on the problem, 90% on the solution)
Use the Richter Scale Of Stress – "is this a 10 or a 2" to lower perceived stress
"Tenacity is easier when you have no choice."

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OTHER FAVORITE QUOTES...

“You can tell your susceptibility to “psychosclerosis”, by the amount of pain you feel when you come in contact with a new idea”

“You’re going to live about 80 years, but you’re going to be dead for a long time!”

“The main thing is to keep the main thing the main thing!”

“We graft the best of the new onto the best of the old.”

“You can tell a lot about a person by what they take two at a time... pills or stairs!”

“Have you noticed that when you are tired and stressed, people around you get real stupid!”

“It’s the little things that make the difference in student engagement... smile, eye contact, body language & tone of voice.”

“It’s our job to run schools, and our classrooms, so students want to come to them.”

“Anticipating change is more stressful than the change itself!”

Qualities we all admire in wonderful educators & leaders: focused, hard working, warm, gracious, passionate, fun loving, charismatic, poised”

Lava Lamp educators are: agile, resilient, innovative, imaginative, clever, flexible, adaptable and responsive.”

“People don’t resist change, they resist being changed.”

CAVE DWELLERS are the folks who are Consistently Against Virtually Everything!”

“A positive attitude may not solve all your problems, but it sure will annoy enough people to make it worth the effort!”

“Everyone is positive on a good day... you learn who is really positive when things don’t go as planned!”