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The Art of Self Care: Leadership Edition


VIRGINIA
INFANT & TODDLER SPECIALIST
NETWORK

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Learning Objectives

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- ▶ Identify leadership stressors
- ▶ Review tips to organize and reduce stress
- ▶ Learn self care practices
- ▶ Learn about setting goals and putting them into action

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Super Heroes in Disguise

You all have super powers

BUT

beware of your Kryptonite!

A young child with curly hair is wearing a blue mask and a red cape, posing as a superhero. The child is pointing their right hand forward. The background is a textured, rocky surface.

A red box with the number 6 is in the top right corner.

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The Many Hats You Wear

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- ▶ Small business owner
- ▶ Copier repair person
- ▶ Plumber
- ▶ Counselor
- ▶ Nurse
- ▶ Substitute teacher
- ▶ Cook
- ▶ Van driver
- ▶ Referee
- ▶ Magician

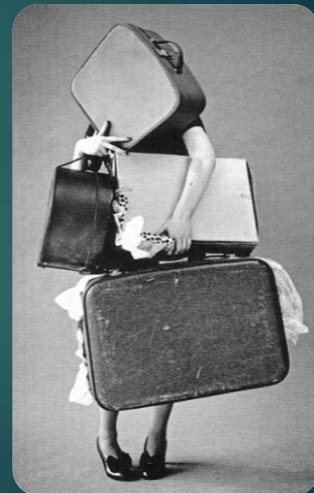


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Identifying Leadership Stressors

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- ▶ Managing overhead
- ▶ Staffing
- ▶ Time management



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Managing Overhead

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- ▶ Budget allocation/finances
- ▶ Enrollment
- ▶ Staffing/turnover

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Staffing

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- ▶ Staff morale
- ▶ Coaching/mentoring
- ▶ Expectation of hours
- ▶ Miscommunication

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Time Management

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- ▶ Handling parent concerns
- ▶ Maintaining professionalism
- ▶ Lack of support

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What is the Outcome of Stress?

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- ▶ Lack of motivation
- ▶ Physical/emotional/social problems
- ▶ Domino effect

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Someone
Trying to
Repair
Every
Situation
Solo



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NOW WHAT ARE YOUR STRESSORS?

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Tips to Organize and Reduce Stress

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Clear the clutter/organize

Learn to say NO!

Keep a journal/diary/log

Prioritize

Plan ahead

Make time for yourself- EVERYDAY!

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Self Care Practices

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- Good nutrition
- Laugh ~ find the positive!
- Get moving!

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More Self Care Practices

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- Calm environment
- Connect with others
- Develop resilience
- Breathe
- Knowledge

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Creating a Support System!

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- ▶ Director forums/professional development
- ▶ Delegate when possible
- ▶ Empower your staff
- ▶ Take time OFF!
- ▶ Avoid taking work home as often as possible



FIND WHAT WORKS FOR YOU!!!

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You owe yourself the **love** that you
so freely give to other people



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Setting Goals...

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- Set specific goals
- Break down large goals
- Write down your goals
- Make time for your goals
- Plan, plan, plan



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Putting Goals Into Action

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- ▶ Start with the small stuff
- ▶ Take action daily
- ▶ Evaluate and update



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My Individualized Action Plan

21

When (my stressor) _____

and I begin to feel (signs of stress)

_____.

I will (technique to use)_____.

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THANK YOU!

For more information,
contact us at:
www.va-itsnetwork.org



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In order to receive your certificate,

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You can print an evaluation form on the Virginia Infant & Toddler Specialist Network website at:

www.va-itsnetwork.org

- Click on “Training & Professional Development”
- Follow the drop-down box to “Audio Conference & Webinar”
- Select the webinar you viewed
- Print evaluation form under webinar heading
- Submission instructions are on the top right of form

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