Finding Work-Life Balance

Women In School Leadership Initiative
Webinar Series

May 2, 2018
2-3pm ET
Welcome!

Thank you for joining us for today’s webinar!

HOST:
Vera Turner
Project Manager
AASA Women in School Leadership Initiative

#WomenLeadingEdu
@AASAHQ
Logistics

- Access the audio for today’s webinar either via your computer or phone.
Webinar Participation

• We have allotted time for Q&A, but you can submit questions at any time.

• Please use the chat window to submit questions. In the dropdown menu, select “All Participants” and then type your question in the chat box.
Presenters

MODERATOR
Patricia E. Neudecker, Director of Administrative Leadership, Assistant Professor, Alverno College (WI)

PANELISTS:
Beth Cabrera, Senior Scholar, Center for the Advancement of Well-Being at George Mason University (VA)
Jill Gildea, Superintendent, Greenwich Public Schools (CT)
MODERATOR

Patricia Neudecker
Director, Administrative Leadership
and Assistant Professor
Alverno College

@NeudeckerPat
AASA Women In School Leadership Initiative

Two-Year grant from Bill & Melinda Gates Foundation:

• To help mitigate the impact of social barriers women face in ascending to the top leadership positions within our school systems

• To increase the number of women seeking and becoming CEOs and superintendents of schools.

www.aasa.org/WomenInSchoolLeadership.aspx

#WomenLeadingEdu
@AASAHQ
National Women’s Leadership Consortium Findings

5 Major Barriers/Challenges

• Navigating Pathways to the Superintendency
• Finding Work-Life Balance
• Navigating Boards/Political Dynamics
• Networking and Mentoring
• Working with Search Consultants
# Wok-Life Balance Strategies

- Develop an understanding of what the challenges are and find creative ways to manage them.
- Address the guilt of not being able to do everything.
- Realize that to be successful you need people to support you.
- Help to re-educate others who are small-minded about what women’s roles should be.
- Consider policies that help women to think about themselves first and the benefits of the job before thinking of everyone else.
Beth Cabrera
Author of “Beyond Happy”
Senior Scholar, Center for the Advancement of Well-Being
George Mason University
@bethcabrera
bethcabrera.com
Beth Cabrera, Ph.D.

“How to build your well-being to thrive”

“How to build a thriving workplace: A leader’s guide”

BDO, Capital One, Children’s National Health System, PNC Bank, TSA, U.S. Department of State, Wallis Towers Watson, World Health Organization

bethcabrera.com
Well-Being Benefits

• Psychological
• Mental
• Social
• Health

Beyond Happy
Women, Work, and Well-Being
BETH CABRERA

bethcabrera.com

#WomenLeadingEdu
@AASAHQ
Happy Life

Languishing

Thriving

Meaningful Life

Feeling Good

High

Low

Doing Good

High

#WomenLeadingEdu
@AASAHQ

Well-Being

AASA

THE SCHOOL SUPERINTENDENTS ASSOCIATION

SCHOOL SUPERINTENDENTS KNOWLEDGE CENTER
Feeling Good Strategies

• Gratitude
  ➢ 3 good things exercise

• Mindfulness
  ➢ stop multitasking!

• Resilience
  ➢ stress-is-good mindset
Doing Good Strategies

• Values
  ➢ Schedule what matters on your calendar

• Impact
  ➢ Craft a calling
#1 Well-Being Strategy

RELATIONSHIPS
Jill Gildea
Superintendent
Greenwich Public Schools

@DrJillGildeaGPS
Greenwich Public Schools

- 9,000 students
- 15 school sites, 1.5M SF, $1B valuation of property
- $160M annual operating budget
- 65 square miles, coastal and inlands microclimates
- Ave Class Size: 20
- % Eligible FRL: 19%
- % EL Learner: 5.1%
- % Stu w Disabilities: 10.6%
- % Minority: 35.7%
SOME DAYS YOU EAT SALADS AND GO TO THE GYM, SOME DAYS YOU EAT CUPCAKES & REFUSE TO PUT ON PANTS. IT'S CALLED BALANCE.
Some Days, You’re Balancing A Lot!
Five Tips

- Choose to start your day.
- Use transitions wisely.
- Nourish yourself.
- Just walk between meetings.
- Sit at your desk.

http://www.mindful.org/5-tips-for-practicing-mindfulness-at-the-office/
Almost everything will work again if you unplug it for a few minutes... including you.
Anne Lamott
Q & A and Panel Discussion

Join the conversation!

#WomenLeadingEdu @AASAHQ
Resources

Contact Information:
Patricia Neudecker peneudecker@gmail.com
Beth Cabrera, beth@cabrerainsights.com; bethcabrera.com
Jill Gildea jill_gildea@greenwich.k12.ct.us
Vera Turner vturner@aasa.org

AASA Women in School leadership Initiative
www.aasa.org/WomenInSchoolLeadership.aspx

Webinar
• Working Effectively With Search Consultants and School Boards to Advance in Your Career
• June 6, 2018; 2-3pm ET

Women In School Leadership Awards
• Superintendent Award; Central Office/Principal Award; School-Driven Leadership Award
• Deadline to apply: October 12, 2018
• Visit: http://womensleadership.aasa.org/

#WomenLeadingEdu
@AASAHQ
Thank you for your participation!