

# Working with the Stress of School Leadership

An Introduction to Mindfulness for Principals, Asst. Principals and School Administrators

Never has it been more challenging to be a school leader.

## According to the most recent (2013) Met Life Survey:

- 75% of principals feel the job has become too complex
- 69% say the job responsibilities are very different from just five years ago
- 48% report being under great stress
- Job satisfaction declined 9 percentage points in just 4 years - 2009 to 2013

## Our time together will:

- Introduce you to the principles and practices of mindfulness.
- Lay the foundation for building the relational trust with your staff that leads to improved learning and achievement for all students.
- Make connections between mindfulness and equity work.
- Support you in reconnecting to the values and purposes that motivated you to become a school leader.
- Engage you in dialogues with like-minded colleagues and strengthen your networks of support.
- Allow you to disconnect from digital tools and reconnect to self, purpose, nature and the power of community.

*"Necessary. Insightful. Amazing."* ~ Participant in Winter Retreat

## Facilitated by:



**Rona Wilensky, Ph.D.** - Rona Wilensky is Director of Mindfulness Programs and senior faculty member for SMART in Education at PassageWorks Institute. She has served on the Leadership Council of the Initiative on Contemplative Teaching and Learning at Garrison Institute and has helped plan and facilitate convenings on contemplative practice and social justice. She served as founding principal of New Vista High School in Boulder, Colorado from 1992 – 2009.

Join us and restore your passion and energy for school leadership (and maybe even your sense of humor!).

[Click Here to Register](#)

## Sunrise Ranch

100 Sunrise Ranch Road  
Loveland, CO 80538

Start: Thurs, October 5 at 6:00pm

End: Sat, October 7 at 12:00pm

## Registration Fees

Early Bird Special: \$625

*Register by August 15, 2017*

Regular Registration: \$699

*Register by September 25, 2017*

- ALL INCLUSIVE -