

***“Leave No Leader Behind”***



# *“Leave No Leader Behind”*

The Clarion Call for Fighting Leader  
Burnout and Promoting Self-care while  
Succeeding in Uncertain Times

# *“Leave No Leader Behind”*

The COVID pandemic paired with the already existing issues of unprepared students and teachers, bias mandated curricula rubrics, overused/ abused testing mandates, and unruly parents has opened our eyes to the need of social emotional support. The need is loud and evident but the one person who needs it the most, the school leader, is tasked with providing that support for others. Research shows that effective school leadership is strongly associated with improved student achievement. Despite this point principals are tasked with much more than student achievement. Leaders are attentive to students' academic and social emotional well-being; building relationships; building capacity; demonstrating instructional, managerial, and cultural leadership within a site; while juggling their own lives. This is an obvious clarion call for social emotional balance for school leaders especially those operating in low-performing schools.

This presentation will highlight strategies for school leaders who are tasked with taking schools to the next level while making sure to, “Leave no Leader Behind.” Teacher leaders, assistant principals, principals and district leaders will be provided strategies to keep themselves refreshed and alert as they provide environments that are conducive to high academic achievement.



Goal is to rejuvenate, to speak life, to  
empower....

"There is a Superhero in all of us, we just  
need the courage to put on the cape."

# Goals

**This workshop will focus on understanding how to:**

- Sustain your emotional well-being**
- Sustain a balanced environment**
- Sustain a successful professional environment**
- Sustain your passion**

# You Earned that “S” on Your Chest.....

Listen as an ally

Speak from awareness

Suspend certainty

Celebrate diversity

What happens in Myrtle Beach ...

Mind the schedule

Stay engaged

Adapted from  
NCDLP

# Dr. Vernon S. Lowery

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## MIDDLE SCHOOL SCIENCE (19 years old)

- BA Microbiology/Chemistry
- Middle Grade Science, Social Studies, Health

## ASSISTANT PRINCIPAL (25 years old)

- Comprehensive High School (CFHS)
- 4 years
- MS in Secondary Biology & MA School Administration

## PRINCIPAL (29 years old)

- Doctoral Degree in Educational Leadership
- Expanded alternative school education in CCS -5 years
- Westover HS (Comprehensive High School)

## FAMILY

- 3 children (ages 20, 15, 9)

## FLAWS/SACRIFICES

Type A Personality

## FAITH

- No only means next!



# Temperature Check

Table experience



# Dynamic Learning Environment Defined

- ▶ **A dynamic learning environment is characterized by change, activity and progress. It is intentionally designed to meet the needs of all students while challenging them to enhance existing skills, interests and understandings, as well as meaningfully building new ones.**

~Peace Wapiti Public School Division

# SUSTAINING EMOTIONAL WELL-BEING

**Educator Burnout has become a bigger focus for research in the last 5 years. New statistics attempt to capture teacher and administrator numbers.**

**What do the statistics say....**

**About half a million (15% of) U.S. teachers leave the profession every year (Seidel, 2014). More than 41% of teachers leave the profession within five years of starting, and teacher attrition has risen significantly over the last two decades (Ingersoll, Merrill, and Stuckey, 2014)**

**Why?**

# SUSTAINING EMOTIONAL WELL-BEING

**One in five school principals is overwhelmed by workplace stress, a survey has found, with an expert saying the results point to a "looming crisis".**

## **Key points:**

- **Survey found almost half of principals have faced threats of violence at work**
- **One in three experienced actual violence**
- **Half of all principals worked 56 hours a week, 27% worked up to 65 hours**

# **SUSTAINING EMOTIONAL WELL-BEING**

**How do we as Educators sustain our Emotional Well-Being?**

**What are the effects of an Educator on our school environment if we are not emotionally stable?**



# **SUSTAINING EMOTIONAL WELL-BEING**

**ADDRESS OR SUPPRESS OUR EMOTIONS....**

# Sustaining a Balanced Environment

Leaders, Teachers, Students



# **Student Balanced Environment**

**Physical Safety**

**Social Relationships- positive w/boundaries**

**Recognize Diversity Between and Within**

**Emotional Environment**

**Academic Support**

# Teacher Balanced Environment

**Positive school culture- includes correction**

**Differentiated professional development**

**Family-friendly policies in the workplace**

**Encourage teacher innovation**

Keeping Good Teachers  
Edited by Marge Scherer



# Sustaining a Balanced Environment

Teachers/Leaders who have not yet found a balance within themselves will also fail at finding a balance between heart and results

# Sustaining a Balanced Environment



**Avoid  
Burnout**

# Sustaining a Balanced Environment

**How do you return to the place of stability and sustainment?**

**You Need You-Take Time for Yourself- to do list**  
**Control What You Can Control**  
**“Unplug”- not to do list**  
**Regulate your Emotions**

**Go on a Vacation**  
**Meditate**  
**Read**  
**Therapy**

# **Sustaining a Balanced Environment**

**How can you maintain balance for your students/staff?**

**How can you maintain and sustain yourself?**

# **SUSTAINING PASSION**

**Steps to get it together/reignite your passion-  
personally/ professionally**

**Remember your why**

**Remember that you are your biggest advocate**

**Build your own professional network**

**Stop giving CPR to dead things**

# SUSTAINING PASSION

**Life is going to hit you...  
remember your Why!**

**Is your Why greater than...**

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## **Dr. Vernon Lowery**

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