



Leadership Development

Anywhere, Anytime

Practical Tips for School Leaders – #50

December 18, 2020

Fill the Bucket

Recently I had the opportunity to listen to Principal Allison Olson talk to the new Principals and the new Assistant Principals in the district regarding work life balance. So much of what she shared was spot on and relatively easy to execute. The reminder is, if you don't take care of yourself first, you won't be able to take care of anyone else. Leadership roles in schools and district have as their foundation the need to care for others while building strong, healthy, productive relationships. When we review the tenets of school leadership, consistent processes used in a culture of cohesive relationships yields an optimistic culture, effective instruction, job satisfaction and student achievement.

I am sure all of you have heard the phrase "fill the bucket". This is a reminder to celebrate the work and presence of those around you; however, we were reminded, if you don't fill your own bucket first you won't have the energy or ability to celebrate the talents of those you lead and work with.

What are your core beliefs and how do those correlate to your personal/professional 'buckets'? Do you make sure your buckets are full?

Is one of your buckets professional learning and growth? How do you fill your life-long learning bucket?

Is another bucket taking care of yourself emotionally and physically? Do you set aside quiet time for yourself to reflect? Do you practice your hobbies? Do you run, walk, hike, play tennis, workout, etc.? Are you more centered and balanced because of these activities? How do you feel when you don't engage in doing the activities you love?

Another bucket might be spending time with family. Do you set aside time on your calendar to watch a child's sporting event or spend uninterrupted time with them? Do you have a special date night? Are family dinners date free?

Do you spend regular time with friends in-person or virtually? Do you reach out to mentors or others as a time to ask for advice, talk about a problem or share something that you are proud of?