

Heart And Soul: Growing A Strong, Compassionate and Well-Balanced Professional Life!

September 8th, 2020



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A Time Of Relentless Stress And Change!



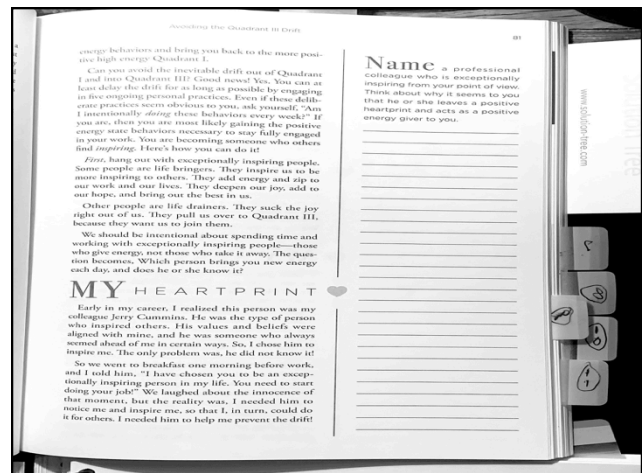
Finding Your HEART & SOUL In A Time Like This!

"I define your heartprint as the distinctive impression and marked impact your heart leaves on others—as your school seasons unfold."

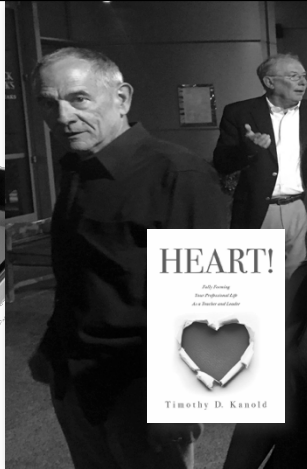
"I define your soul story as the pursuit of your moral good in order to create good in others."



February, 2021



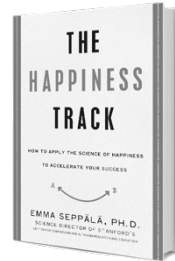
R U Available for a Quick Call?



H Is for **Happiness** The Science of Happiness

Happiness is a *state of heightened positive emotion.*

"[Happiness] increases our emotional and social intelligence, boosts our productivity, and heightens our influence over peers."



The "Now What?" Of Life: Celebrating Rebecca DuFour

Timothy D. Kanold October 9, 2018
Categories: PLC, Solution Tree

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It was one of those wonderful mid-fall afternoons as I walked to my car, crossing the quad of the university campus. Tree colors were just starting to appear, and the air had that rare "higher temperatures than normal with crispness" smell.

I took off my suit jacket as I approached the car with this intense feeling I had done this very act of *taking off my suit jacket and getting into my car*, many times before. I had this awareness too that those moments had always left me feeling a bit empty. It was a feeling similar to the one you sense right after spending hours with friends and family, saying goodbye, going on your way, but feeling a bit homesick for them immediately.

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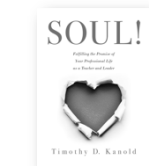
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Formative Assessments versus Summative Assessments
Chris Jakdick October 9, 2018

Using Your **SOUL** Story In A Time Like This! My last 2 trips around the sun

1. S. O, U, and L
2. Connects us to our contributions to the profession
3. Supported by research
4. You write and find your own professional life Soul story



February, 2021



Who is the most joyful person you know at work?

Then, list three one word characteristics of this person!



Who is the most joyful person you know?

Stability is about strength—

We can do this!

Stability is about support—

I will be there when you fail.

Stability is about peace—

I will demonstrate joy and gratitude toward you.

There is a joy–gratitude–stability connection.



From **SOUL!** © February 2021

Ch. 26: Joy, Gratitude and Grace



From **SOUL!** © February 2021

Ch. 26: Joy, Gratitude and Grace

When I am flooded with fear and scarcity, I try to recall forward joy, and sufficiency by acknowledging the fear and then transforming it into gratitude.

I say this out loud: "I'm feeling vulnerable today. That's okay. I'm so grateful for _____." Doing this has absolutely increased my capacity for joy.



Brene Brown in Kanold (2021) *Soul! Fulfilling the Promise Of Your Professional Life*, Solution Tree, in Press.

Happiness/Compassion Connection

Compassion is about caring—
You act to relieve the suffering of others.

Compassion is about support—
You cheer on their victories.

Compassion is about love—
You do not withhold it.



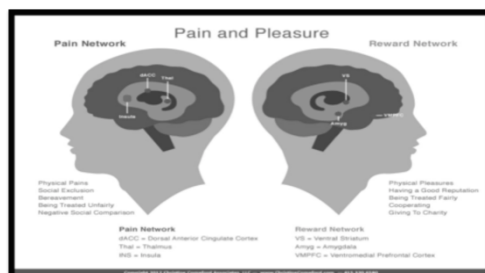
The Happiness/Compassion Connection

“Neuroscience research shows the most potent activator of brain circuits involved in human happiness is actually...compassion.”



Trzeciak, S. & Mazzarelli, A. (2019). *Compassionomics: The revolutionary scientific evidence that caring makes a difference*. Pensacola, FL: Studer Group, LLC. p.304

Empathy Hurts and Compassion Heals



1. Awareness of suffering
2. Being emotionally involved in the suffering (empathy)
3. A wish to see relief for the suffering
4. To act or to help relieve the suffering (compassion)



The “Now What?” Of Life: Celebrating Rebecca DuFour



Evidence

How is compassion for others modeled and taught in your school?

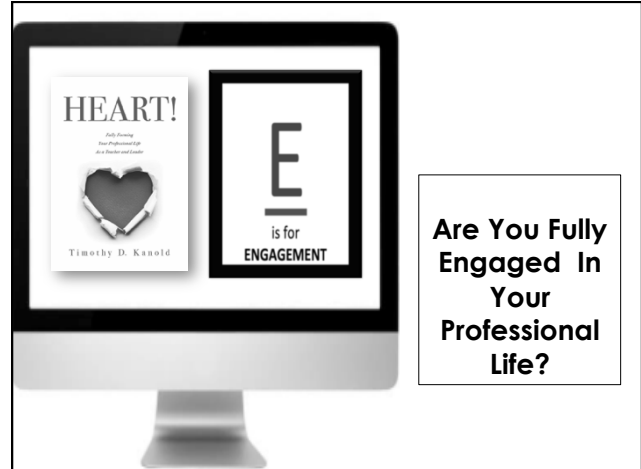
Awareness and Action

The Burnout/Compassion Connection



The 3 hallmarks of Burnout: emotional exhaustion, a lack of personal accomplishment and... *depersonalization*

Compassionomics: The revolutionary scientific evidence that caring makes a difference. Pensacola, FL: Studer Group, LLC. p.304



Engaged Teachers Enjoy Personal, Professional Edge

by Matt Hastings and Sangeeta Agrawal

STORY HIGHLIGHTS

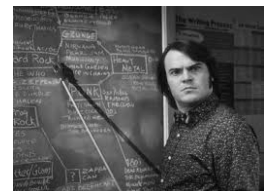
- Engaged teachers report higher levels of purpose well-being
- Engaged teachers report higher personal and professional satisfaction

Left to our own devices, we are most likely not to fully engage in our work life.

2005–2018 Gallup Research

Engaged teachers: constantly look for new and better ways to achieve outcomes

31%



(Kanold, *HEART! Fully Forming Your Professional Life as a Teacher and Leader*, 2017)

When you know your *why*, your *what* has more impact, because you are walking in and toward your *purpose*.



SOUL! Ch. 5: The 2nd Mountain Climb



Brooks, D. (2019). *The Second Mountain: The Quest for a Moral Life*. New York: Random House. p. 89-90. From Kanold in *SOUL!* © February 2021

The 2nd Mountain Climb Can Be Exhausting!



Person A: *My work life* - I have a full schedule. A *lot* of activities. I am balancing many plates, including my team time, my family time, and some quiet reflective time, daily. My job is physically and emotionally demanding. I cannot do the job without the help of others.

Person B: *My work life* - I am preoccupied quite often. I am unable to be fully present due to the demands of my job. I feel physically and emotionally drained every day. If something unexpected happens in the next 2 weeks, I do not know what I will do. There are just so many demands on my time right now. I just don't have time to notice others.

The 2nd Mountain Climb Can Be Exhausting!



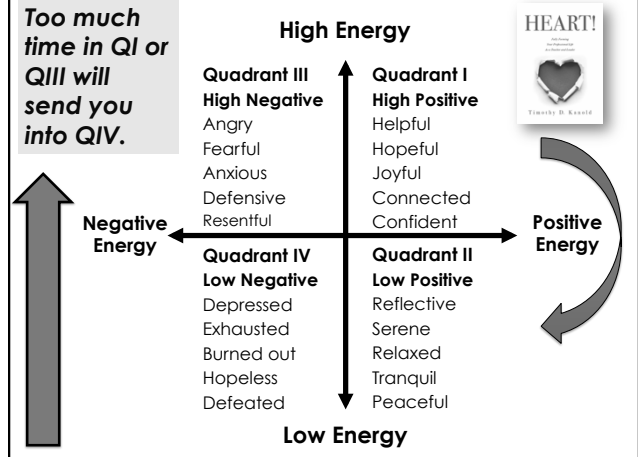
Person A is busy in a healthy way

My work life - I have a full schedule. A *lot* of activities. I am balancing many plates, including my team time, my family time, **and some quiet reflective time, daily.** My job is physically and emotionally demanding. I cannot do the job without the help of others.

The 2nd Mountain Climb Can Be Exhausting!

Person B is hurried in an unhealthy way

My work life - I am preoccupied quite often. I am unable to be fully present due to the demands of my job. I feel physically and emotionally drained every day. If something unexpected happens in the next 2 weeks, I do not know what I will do. There are just so many demands on my time right now. ***I just don't have time to notice others.***



Quadrant II Time Required!

Becoming fully engaged in Quadrant I while strategically engaging in Quadrant II activity ...



Only you can know what this is for you.

Pursuing Internal Balance

What is your Quadrant II activity?

**I'd rather be in
QUADRANT II**



What are we to do? Seek Quietude



U is for Unifying

Freedom from noise and our daily tasks unites the quiet without and within, allowing our conscious workspace to do its thing, to weave ourselves into the world, to discover where we fit in. That's the power of solitude and silence.

Moran, J.M., Kelley, W. M. & Heatherton, T.F. (2013). What can the organization of the brain's default mode network tell us about self-knowledge

Finding Our Slack Tide...



Epilogue

For about 45 minutes after high tide and low tide there is a period of time called slack tide, or more accurately slack water. Slack water is a short period in a body of tidal water when the water is completely unstressed, and there is no movement either way in the tidal stream, and which occurs before the direction of the tidal stream reverses.

Kanold (2021). SOUL! Solution Tree: In Press. February, 2021.

My Heart & Soul hope for you!



Do what you can between the zeros, give yourself some grace each day, and make room for your personal slack tide for a better moment tomorrow.

May the wake of your walk be filled with images of kindness and care, compassion and love, joy, and laughter as you pour into the hearts and the souls of your students and colleagues – this is the PLC life...

Your Heart and Soul Legacy: Living A Happy And Well- Balanced Professional Life! September 11th, 2020



Virtual Keynotes

Gain inspiration and knowledge through virtual keynotes on relevant and impactful topics.

- Hear from leading experts in the field of education, including Timothy D. Kanold, Robert J. Marzano, Mike Mattos, Anthony Muhammad, Maria Nielsen, and Regina Stephens Owens.
- Motivate and learn with your team, even when you can't be in the same room.
- Gain new insights through each thoughtfully crafted presentation.
- Provide a consistent message so that everyone benefits from the same learning.

[I would like to learn more](#)



Thank You!!

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