

# Leadership Series

## a Community of Practice for Colorado Early Childhood Leaders

### Outcomes

By participating in this professional learning opportunity, you will be moving from learning about leadership to learning how to exercise leadership in practice when creating inclusive environments for young children with disabilities.



- Get Our Inner and Outer Selves Aligned
- Identify Core Values
- Develop a Personal Why Statement



#### Why A Leader's EQ Matters

We will unpack EQ skills and learn strategies for leveraging strengths while growing all areas of EQ.



- Understanding Intentional Change Theory
- Reframing Problems
- Asking Generative Questions



#### Turning Problems Into Possibilities

Powerful questions start with WHY, HOW, and WHAT. By asking questions we provide clarity and uncover opportunities.



- Explore the Impact of Stressors
- Identify Triggers
- Process Emotions
- Develop Leadership Coping Strategies



#### Fostering Self-Awareness Skills

Humility is about looking inwards, to consider where we start the journey, and grace is about growth and the recognition of how we impact others.



- Understand Self-Reg (the ways our bodies manage energy and tension)
- PEA vs. NEA
- Strategies for Triggering the PEA



#### Strengthening Self-Regulation Skills

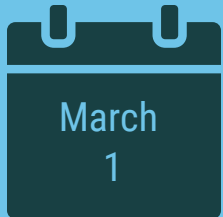
The positive emotional attractor (PEA) triggers constructive cognitive and physiological responses that enhance motivation, effort, optimism, flexibility, creative thinking, and resilience.



- Leaders as Co-Regulators
- Help Others Operate from a Yes Brain
- The Green Zone (where change happens)

## Honing Situational Awareness Skills

What is the flow in our actions: how are we experienced as a leader, and can we attain a certain grace in our interactions with others?



- Coach with Compassion
- Ensure That Others Feel Seen
- Build Resonant Relationships

## Leveraging Social Awareness Skills

Five types of empathy start with being present and deep listening. Mindfulness, hope, and compassion ensure that others are seen.



- Set Professional and Personal Boundaries that Breathe
- Manage Time When There is No Time

## Ensuring Your Leadership Toolbox is Full

Engaging in contemplative practices and creating a reflection habit is a foundation for strategies that form secure relationships (4 S's of Leadership)



- Uphold Your Authentic Self
- Decision-Making and Ethical Intelligence
- Dismantle Systemic Oppression

## Spirituality - Promoting Intentional Change in Yourself and Others

Does your power promote growth? How often is the effect of our power experienced as space to grow, or as ivy that chokes out the light?

"Now is the time to consider rebalancing everything, not just your resources. Be proactive about rebalancing your objectives, including your definition of success...You begin by stripping it all bare and finding the bones of the thing. In your:

- **self**, the bones are in your purpose, passions and gifts
- **team**, the bones are in your collective purpose, talents and skills
- **organization**, the bones are in your mission, culture and staff

Focus on the bones, and then build yourself and others around you back up in ways responsive to the new environment." ~ Dana Theus



*Intentional, consistent, high quality early learning experiences for every child.*

[Link to Apply](#)