

MINDFUL LEADERSHIP

LIZ BAUER LISCUM
ADELE HARRISON MIDDLE SCHOOL
SONOMA VALLEY UNIFIED SCHOOL DISTRICT

CURRENT LEADERSHIP PROGRAM MODEL

DO YOU EVER FEEL OVERWHELMED WITH THE RESPONSIBILITIES OF STUDENT ACTIVITIES ON CAMPUS AND DEVELOPING STRONG LEADERS! HOW DO WE HAVE TIME TO DO BOTH?!?!

WHAT WORKS FOR US...

- CIRCLE OF POWER AND RESPECT
- BREATHING EXERCISES
- COMPASSION WALL
- THE COMPLEMENT PROJECT
- YOUR IDEAS!

DAILY NEWS: THURSDAY MARCH 2ND, 2017

GOOD MORNING, EVERYONE! WELCOME TO OUR FIRST CIRCLE OF POWER AND RESPECT. OUR GOAL FOR TODAY IS TO MEET AND TO BEGIN GETTING TO KNOW EACH OTHER. THINK ABOUT SOMETHING YOU ENJOYED IN YOUR LEADERSHIP CLASS AND ONE THING YOU ARE LOOKING FORWARD TO BRINGING BACK TO YOUR SCHOOL SITE. BE READY TO SHARE.

CIRCLE AGENDA

GREETING: FIST BUMP (AROUND OUR CIRCLE)

TODAY'S SHARE:

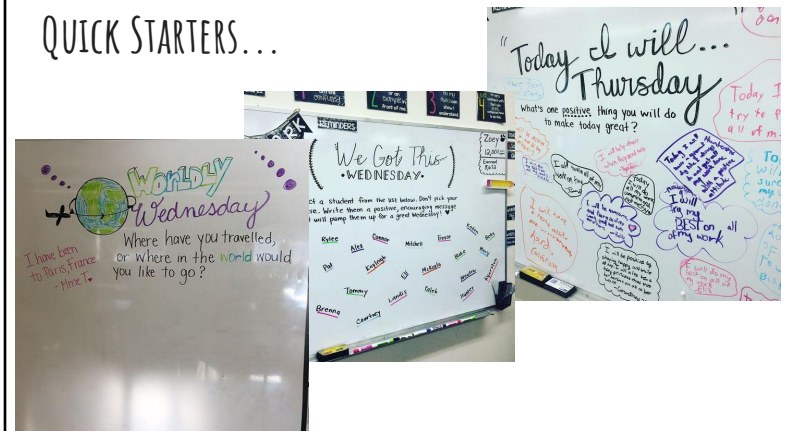
ONE THING I'VE ENJOYED IN MY LEADERSHIP CLASS IS _____. OR

ONE IDEA I'D LIKE TO IMPLEMENT IN MY LEADERSHIP CLASS THIS SCHOOL YEAR IS

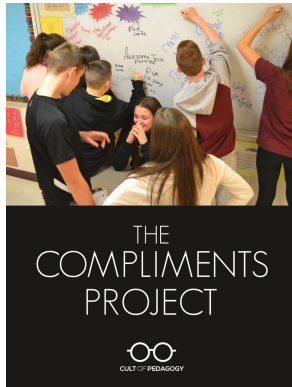
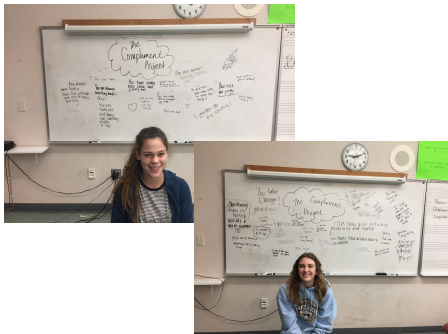
_____.

ACTIVITY: COUNT TO TEN/HEADS OR TAIL

QUICK STARTERS...



THE COMPLIMENTS PROJECT



OTHER IDEAS I'VE BROUGHT BACK TO MY LEADERSHIP CLASS

- CALM APP



HOW CAN THIS BE TRANSLATED ACROSS CAMPUS