**Lifting the Mask as a Leader**

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Study Smarter

Teachers Matter Magazine

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A Leader … enthusiastic, authentic, connection, trust, confident, finess, driven, accountability, courageous etc...

Reality can be - lonely, overwhelming, confronting, sacrificial, thankless, exhausting, failure, regretful, challenging, disappointing

**Uncomfortable Truth**

* You are not indispensable
* Teachers are just important as students
* Your boss is not a good trustee of your work/life balance

Vulnerable

Real

Authentic

Women are doing far too much - burning out.

We are juggling work, kids, partner's, housework, …

We go through bursts when we’re in control and have it together then … boom we crash.

**Vulnerable** - show your team that you are vulnerable, you don’t have all the answers, none of us know what the heck is next.

**Failure** - we need to know it is okay to embrace failure. Okay to make mistakes and screw up sometimes.

**Value Yourself** - be able to say you love yourself just the way you are.

Dr Libby - It’s not selfish to love yourself, take care of yourself, and to make your happiness a priority. It’s necessary.

**Time Management -** stop and spend 10-15 minutes a week planning your week - eg. meals, time for self, family etc.

**Technology** - remember to turn it off and focus on the things that really matter.

Before exams - avoid stress, avoid people who are stressed etc. Second hand stress is worse that first hand stress.

Don’t take your power cord home - don’t keep working and working.

**Physical Wellbeing** - universe gives us clues - little taps on the shoulder to tell us to eat better, exercise more, rest more etc … if we ignore it then the tap on the shoulder becomes a Mack truck hitting us at speed. Listen to what the universe tell you. We need to slow down.

Less coffee and alcohol - warm up with coffee, cool down with alcohol. It’s just a drug like an antidepressant

Breakfast is super important - gives you an adrenaline boost. So important for body and brain.

Adrenaline - you do not feel hungry or pain.

Teachers get sick on Day 1 of the holidays - they are running on adrenaline all term.

Look after emotional well-being - Connect every day. Movie/pizza night (making pizzas etc.)

Look after your partner - ‘the hot guy’ on her phone

When was the last time you passionately kissed your significant other? When doing this you need to put everything else aside just for that moment.

Suffer the pain of discipline or suffer the pain of regret (Jim Rohn).

It takes courage to grow up and become who you truly are (E. E. Cummings)

Be comfortable with you- we rarely are.