

Leadership:

Learning How and Why to Put on Our Oxygen Masks First



Who are presenters today?

Emily Fritsch

Danielle White



What do we already know pre-assessment poll questions?



What is immunity psychology?

Define

Stress hormones

Happy hormones

What research says



What can leaders do help themselves?

Positive thinking

Humor

Relationships

etc



How does this apply to leadership?

What is objective of a good leader?

Simon Sinek's approach of leaders protecting others

What does that leadership look like in a school building?

How does that leadership impact team, students, and culture?



What can you do for yourself?

Think

Pair

Share



What can you do to help your team and/or school?



What have we learned post-assessment poll questions?



What are our parting thoughts?



Works Consulted

<https://www.supersummary.com/anatomy-of-an-illness-as-perceived-by-the-patient/summary/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5876785/>

<https://www.apa.org/research/action/immune>

