

Mindfulness for Effective School Leadership

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Description

What is mindfulness? How do mindfulness practices support powerful, creative educational leadership? In this practice-oriented session, authors of the just-published *Mindful School Leader: Practices To Transform Your Leadership and School* (Corwin, 2014)—named one of the "Best Courage Book of 2014" by the Center for Courage and Renewal--describe the origins of this book, and offer some mindful leadership exercises they've developed working with their client-partners. The core of this session includes a breath and body awareness exercise, incorporating strategic, resilience-building pauses even during the busiest days, and an exploration of mindful listening and speaking skills. We aim to have participants emerge with a grounded understanding of what mindfulness is, while we also caution against 'mindless mindfulness' and resisting cultural pressure to make mindfulness the "the next big thing." This session is ideal for you if you are interested in developing:

- Increased ability to notice and slow down, or stop, automatic reactions;
- Increased capacity to respond to complex, competing, and difficult situations;
- Increased work-life integration and greater resilience.

Come learn along with us, and let us learn from you.



Valerie Brown and Kirsten Olson

Presenter Bios

Valerie Brown and Kirsten Olson are authors the *The Mindful School Leader* (Corwin 2014), named one of "the best Courage books of 2014." Olson is Chief Listening Officer at Old Sow Consulting, and holds a doctorate from the Harvard Graduate School of Education. She is the author of *Wounded By School: Recapturing the Joy in Learning and Standing Up To Old School Culture*. Brown is a former lawyer-lobbyist for the legal and educational sectors, and offers mindfulness and leadership training nationally and internationally. Brown was ordained by Zen Master Thich Nhat Hanh as a lay member of the Tien Hiep Order in 2003.