



Joyful Leadership Institute - Preventing Burnout and Cultivating Joyful Leadership: A Personal and Professional Approach

**Description:**

Are you looking to reclaim your time, enhance your well-being, and become a more effective leader? The Joyful Leadership Institute offers a comprehensive program designed to prevent and resolve burnout while fostering a sustainable and fulfilling career and life. Our approach is personalized to your individual and organizational needs, ensuring that you are equipped with the tools and strategies to thrive personally and professionally.

This transformative course is based on the "Rise Above Burnout Blueprint" developed by Lisa Imel, Founder and CEO of EdSolutions Consulting Group, who drew from her own experience as a school leader who battled burnout. Through a combination of virtual training, interactive resources, and ongoing support, participants will embark on a journey of self-discovery and growth, ultimately deterring burnout and chronic stress so they can lead more effectively. In person professional development is offered for schools and districts. Additionally, in person retreats are offered throughout the year.

Please see website to register with EdSolutions Group and Pay Instructor Fee

<https://www.edsolutionsgroup.com/joyful-leadership-institute>

**Components:**

- **Joyful Leadership Institute Training:** One full day virtual or two full day in person training sessions available. Virtual Dates:
  - [Virtual]
  - 1/18/2024 [Virtual]
  - January 23, 25, 30 and February 1, 2024 - Cleveland, Ohio/ Hybrid
  - 2/27/2024 [Virtual]
  - 3/13/2024 [Virtual]
  - 4/17/2024 [Virtual]
  - 5/8/2024 [Virtual]
  - 6/12/2024 [Virtual]
- **"Unleash Your Potential" eBook:** Access a comprehensive 144-page eBook filled with 66 empowerment exercises spanning eight chapters, designed to prevent chronic stress and deter burnout.
- **Time Management Process:** Learn the unique "Friday Focus Monday Motivation" strategy to improve time management and maintain motivation.
- **Boundary Script Database:** Gain access to over 70 topics to help you establish and maintain personal and professional boundaries.



- **Online Learning Portal:** Access materials, resources, and presentation recordings online for continuous learning.
- **Affirmation Cards:** Receive daily affirmations to boost positivity and overall well-being.
- **Success Celebration Guide:** Utilize a guide with suggestions for celebrating your achievements and milestones.
- **Digital Time-Log and Daily Journal:** Use tools for organization and reflection in your personal and professional life.
- **Email Coaching:** Receive personalized guidance and support via email to address specific challenges.
- **Private Facebook Group/Slack Channel:** Join a supportive community of like-minded educators for ongoing collaboration and encouragement.

\*In addition to these resources, Districts may choose to include 1-1 or group coaching support for their educators, ensuring continuous sustainability, guidance and development tailored to their unique needs.

#### **Outcomes:**

- **Identify and Manage Stressors:** Learn to identify and effectively manage stressors in your personal and professional life.
- **Holistic High-Performance Lifestyle:** Create a holistic high-performance lifestyle that aligns with your unique needs and goals.
- **Personal and Professional Compass:** Crystalize your personal and professional compass to stay driven and in alignment with your aspirations.
- **Wellness Roadmap:** Develop a wellness roadmap to deter and prevent burnout and chronic stress.
- **Life Audit:** Evaluate what drains and energizes you through a comprehensive life audit.
- **Establish Priorities:** Prepare to take action by establishing your personal and professional priorities.
- **Time Management Strategies:** Implement new time management strategies to ensure your priorities are met.
- **Shift to Delegator:** Transition from doing it all to effective delegation, focusing on what brings you joy.
- **Happiness Habits:** Cultivate happiness habits, combat limiting beliefs, and create positive feedback loops in your life.
- **Celebrate Success:** Develop a plan to celebrate your successes and infuse more joy into your work and personal life.

Join us on a transformative journey towards preventing burnout, enhancing your well-being, and becoming a joyful leader in your field. Reclaim your time, increase your efficiency, and reverse the symptoms of burnout, all while creating a more fulfilling and sustainable career and life. The Joyful Leadership Institute is here to support your growth and success.

## **Assignments:**

### **1. Empowerment Exercises from the eBook (33% of total grade):**

Participants are required to complete a minimum of 66 empowerment exercises from the provided 144-page eBook, "Unleash Your Potential: A Holistic Approach to Personal and Professional Growth." Each exercise is designed to enhance various aspects of personal and professional well-being, including stress management, time management, boundary-setting, and personal growth.

- **Evidence Gathered:** Participants must submit in their digital journal summarizing their completion of each exercise. The log should include the exercise number, a brief description of the exercise, and a reflection on how it was applied in their personal and professional life. This evidence will be used to assess their engagement with the material and their ability to apply these strategies.

### **2. Implementation of Personal and Professional Strategies (33% of total grade):**

Participants are required to implement the strategies and concepts learned in the course within their personal and professional lives. This involves applying the principles of time management, stress reduction, boundary setting, and other relevant strategies to deter burnout and chronic stress.

- **Evidence Gathered:** Participants must submit in their digital journal summarizing their completion of each exercise. The log should include the exercise number, a brief description of the exercise, and a reflection on how it was applied in their personal and professional life. This evidence will be used to assess their engagement with the material and their ability to apply these strategies.
- **Evidence Gathered:** Participants will submit a detailed reflection paper outlining how they implemented these strategies in their personal and professional lives. This reflection should include specific examples of changes made, challenges faced, and the impact of these changes on their well-being. Additionally, participants are encouraged to use self-assessment tools provided in the course to gauge their progress.

### **3. Participation and Engagement (33% of total grade):**



Active participation in class discussions, group activities, and engagement with the course materials is crucial to the learning process. Participants are expected to contribute meaningfully to discussions, share their experiences, and provide support to their peers.

- **Evidence Gathered:** Instructors will assess participants' participation and engagement based on their contributions during class sessions, interactions within the private Facebook group (if applicable), and their responsiveness to feedback and coaching provided during the course.

### **Credit Hour Requirement:**

To fulfill the requirement of at least 30 hours of work outside of class for each semester hour of credit, participants should plan to spend approximately 30-90 hours on this assignment over the duration of a 15-week semester depending on the total number of credit hours registered. This includes time spent completing the empowerment exercises, implementing strategies, and preparing the reflection paper. All documentation must be submitted on the time-log provided by the instructor.

### **Assessment Criteria:**

Participants will be assessed based on the following criteria:

- **Completeness:** Have participants completed the required number of empowerment exercises from the eBook?
- **Reflection:** Do participants demonstrate a deep understanding of the course material by reflecting on how they applied strategies in their life?
- **Application:** Have participants effectively implemented strategies in both their personal and professional lives, as evidenced by their reflection and self-assessment?
- **Engagement:** Did participants actively participate in class discussions, engage with peers, and respond positively to coaching and feedback?

### **Graduate Credit Award:**

Participants who successfully complete this assignment, meet the above criteria, and fulfill all other course requirements may be eligible to receive graduate credit through Ashland University. The specific credit details, grading scale, and credit award process will be communicated to participants during the course. The course instructor will assess participant performance and determine credit eligibility.

