

Ali Hassan, Vice Principal- Participant of Leadership and Team Dynamics 2019



“Okay. So three years ago I started, uh, I'd say wonderful school. It's part of the leadership team and call's on our call district senior leadership team. Um, it was a pre K to 12. It was such a wonderful experience throughout those three years working as an MYP coordinator, teacher diploma program coordinator, the vice principal, and as an acting head of school, it was crazy. During the first year, I made the conscious effort to look after my mental and physical wellbeing every day. There's something else I also do on the side, which is being a personal trainer. Somewhere down the line I became very busy looking after everyone around me. So this school, I didn't treat it as just a school. This place was my home, so I became very busy looking after each and every individual, the students, my colleagues.

I forgot to look after myself and that's what happened. At one point I ended up in hospital and I was bleeding from the inside. I was bleeding from the inside and I remember the doctor telling me, we have no idea why you have colon infection because you, from what you have said, your diet is very good, blah, and I was bleeding and I realized it was my stress. All of that pressure manifested itself into a colon infection. Anyway, cut to the chase. I got better. Do not forget to treat yourself with the same respect that you treat others because you only have one you.”