

## Trevor Rehel, Curriculum Director- Participant of PTC Instructional Supervision 2019



“So good morning everyone. I'd like to begin this program with a question for y'all as leaders, how many of you have felt one day that you were going to implode or explode? I'm not talking about if your head's going up. I'm talking about, you know, the situations that come up once in a while. Yes, it gets stressful or those people that drive you nuts and you, you feel your going to pop or something. What I'm talking about is our overall wellbeing as leaders as people. And I think as leaders we're the ones who take on a lot of responsibility. We're always making sure what needs to get done gets done, that the people that need to support all have the things that they need so that they can support the children in the classroom. And we always have our eye open for something that might go wrong and we wanted to be there to make sure that things go okay. Now in thinking about our wellbeing and all those things that we're, we're tasked with, I like that tell you a little story about myself and it starts 10 years ago.

So 10 years ago, fortune was on me. I moved countries, got married, changed jobs. I started a master's course. I had our first child. I went for a leader, new leadership position in the school. I got it and I started it while I was doing the full time teaching and all of this in the space of 10 months. Fast forward five years of running at that kind of pace and trying to get the school set up for different things and I felt like everything was kind of beginning to implode on. And then I had an opportunity, a job at a new school. I applied for that job on the day I went for the interview. My wife had to go in for emergency surgery. She survived. I got the job, I started the job. My father in law got a cancer and I thought, okay, and all I wanted this job, I'm going to go for it. There are a few cures for cancer, that can help my father in law. And when I quickly realized as I did this new job is that all the strategies that I used in my older contexts of smaller school was not helping. And the world again, began to implode upon me. I wasn't enough of a father to my kids. I wasn't enough of a leader to my teachers. I was not enough of a husband to my wife, not enough of a brother, a son. Uh, I just wasn't enough.

And then a new principal that came to our school and I noticed the kind of what was going on. And at this point I'd like to zoom



# Principals' Training Center

*quality training for international educators*

out from my story and think about our story as leaders, what I just described is not uncommon among leaders. I know because over the last four years I've listened to so many stories from so many people and sometimes, you know, we may be ambitious and we get ourselves into situations or sometimes we get that you get the job and get thrown into a really difficult situation where things are not in place and we're running around and we're trying to fix everything. And we're trying to make it work and sometimes you get stuck doing that over and over again until you get involved in kind of a negative spiral.

So zooming back into our items, I needed something that kind of help. I needed a tool and that tool came in the form of Stephen Covey's seven habits, but I'd like to tell you the seven, one of the seven habits of highly effective people, and that's be proactive now in all our worlds, we have kind of two circles, we have a circle of concern and that circle of concern within it are all the types of things that we might be worried about or thinking about it. Within that circle there's a circle of influence, things that we have some control over.

And when I was kind of imploding, I tried to stretch the circles so far and why that began to break up and collapse around me. And when I saw that tool for Steven called me about what is really at the center of my influence, what are the roles and goals that I really need? I went back and through my entire life, not just work. I thought about the people that are there and what role I have in those people's lives and what really makes a difference as a leader. And I drew this turf circle type in around me at first until I could start opening it up again.

As leaders, we have to, to model that. We have be aware of that so that we can be supportive and that we can be always listening. And yes, we are busy, but that busy-ness is intentional and it's constructive. And it's two words, what our roles and goals are, and it's within our circle of influence. So my Pearl is if you or a colleague, feel like your world is in imploding or exploding around you. You can find a tool or a strategy and there are always people that can help you. You just have to reach out to it."