

My Story or Yours? The Glue—The Heart of the School—The Staying Power

Walk away feeling lighter, empowered and be a catalyst for change!



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Our norms—when we gather amazing things can happen!

- ★ *Double Confidentiality*
- ★ *Lean into discomfort*
- ★ *Respect each others questions and comments*
- ★ *Pause in between speaking—our stories matter—our words matter*
- ★ *Try to mitigate sidebars while we are together*
- ★ *Politeness at its best*
- ★ *Most of all let's lift one another up!*

Christian

Sister Friend

Spin Instructor

Woman

Lifestyle Coach

Lifestyle Coach

Psalms 139:14

Mother

Assistant Registrar

Wife

Meet Deneen

Free

Fitness Coach

Friend

Administrative Professional

Clean Eater

Recent College Graduate

Row Instructor

Accountability Partner

Board Member

Sister

Health Advocate

Woman of Faith

Black Student Union Co-Advisor

Entrepreneur

Motivational Speaker

Educator



Proverbs 3:5-6

And Some Days – I'm still ME!

I
need
I
need
I
need
I
need
I
need
I
need
I
need



What
about
my
needs

What
about
my
needs

What
about
my
needs

The Glue—The Heart of the School

Place your hand on your heart. Feel that?
That's called purpose. You're here for a
reason!

Don't Give Up!!!





1. Intentionally Living

LifeStyle Change - Ready=Set-Go

What is your story

→ How do I live Intentionally in my community?

Because you matter.

Have a made up mind.

Plan, prep and
prepare it all..

Life with a purpose!

S.M.A.R.T. Goals -

S. (specific) M.

(measurable) A.

(attainable) R.

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(realistic) T.

(timely)

The Clean Environment

Our needs: Clarity, Systems, and Minimal Friction.

In some school communities, "mess" is often systemic. A "clean" environment refers to the removal of administrative clutter and "invisible" labor that holds us down.

- **Role Clarity:** THE GRAY—Knowing exactly where your job ends and someone else's begins.
- **Efficient Systems:** Do the tools (software, filing, communication) work for you, or are you working for them?
- **Communication Hygiene:** No "urgent" emails at 8:00 PM; no "quick asks" that take three hours.
- **Physical Space:** A desk and office that isn't a dumping ground for the school's miscellaneous problems.

QUESTION: In your daily workflow, what is the 'clutter' (a process, a habit, or a task) that drains your energy the most?

The Healthy Environment

Focus: Sustainability, Boundaries, and Vitality.

A healthy environment isn't just about the absence of stress; it's about the presence of support. For an overworked admin, "healthy" means the job doesn't come at the cost of their well-being.

- **Psychological Safety:** Can you say "I'm at capacity" without fear of retribution?
- **The "Flow" Factor:** Having chunks of time to actually complete tasks rather than constant "firefighting."
- **Reciprocal Respect:** Feeling that the school values your time as much as the teachers' or administrators' time.
- **Physical Vitality:** Does the workspace allow for movement, hydration, and real breaks?

QUESTION: What is one 'healthy' boundary you wish you could set tomorrow without feeling guilty?

To the one that is labeled...

Aggressive: Keep being assertive.

Bossy: Keep on leading.

Difficult: Keep telling the truth.

Too much: Keep taking up space.

Awkward: Keep asking hard questions.

Timid or Shy: Keep affirming yourself.

Please don't shrink yourself to make people happy. Be yourself, be present and be YOU.

Vision:

Vision is not only about the goals we set—
it's about what we truly choose to see,
how we perceive, and how we show up.

Sometimes you must

Hurt in order to know
Fall in order to grow
Lose in order to gain

Life's greatest lessons are

Life's greatest lessons are often
refined through pain, shaped by experience,
and strengthened through perseverance.
At the center of it all—relationships and connection matter most.



Tips:

- ★ Always think about the presentation and positioning of your future and how you want to be seen.
- ★ Start your day knowing something good is going to happen.
- ★ Give yourself more credit for how hard you work.
- ★ Move knowing a new chapter will begin, keep showing up life will reward you.
- ★ Know you are always a work in progress.
- ★ No matter what YOU can face IT.
- ★ Make the day great but say it!
- ★ ALWAYS know you have something important to contribute to the world!



If you put 100 black ants & 100 red ants in a jar, nothing will happen. But if you shake the jar, the ants will start killing each other. Red will believe black is their enemy while black will believe red is their enemy when the real enemy is the person who shook the jar. Same is also true in our society. Before we fight with each other, we must ask ourselves : who shook the jar??

Departing Notes

Spend time alone reflecting on what you see for your future. Write it down.

Plan, prepare, write it down and repeat. Intentionally live on purpose every minute every breath.

Quick life recipe

- Overthinking = WRITE
- Stressed = GO for a WALK
- Anxious = MEDITATE
- Angry = Listen to MUSIC
- Lazy = Reduce SCREEN TIME
- Sad = EXERCISE

Thank you!

Let's stay CONNECTED...