

# ***Developing Thriving Wellbeing Women Education Leaders***

How do we integrate, operationalize and teach research discoveries to disrupt education leadership development?

What is Wellbeing and why does it matter for women leaders?

How do women leaders create healthy, loving relationships?

Kelly Peaks Horner, MA, Ed. Leadership & Supervision  
hornerconsultinggroup@gmail.com

## Wellbeing - What is a life well lived?\*

Physical Wellbeing

Community Wellbeing

Financial Wellbeing

Purpose Wellbeing

Social Wellbeing

(Rath & Harter, 2010)



\*Gallup

Social Wellbeing for Women matters and impacts engagement in any role.

Thriving Wellbeing + Strengths Understanding and Development:

3 times more likely to report an excellent quality of life

6 times more likely to be engaged at work

12.5% greater productivity

Gallup, Strengths Meta Analysis, 2015





B. R. A. V. I. N. G. \*

**Boundaries**

**Responsibility**

**Accountability**

**Vault**

**Integrity**

**Non-judgement**

**Generous Assumptions**

\*Brown, Dr. Brene'. *Dare To Lead.*



## Call to Action:

It's time to disrupt the development of education leadership development.

What does a thriving, courageous leadership practice for women look like?



Eurich, Dr. Tasha, *INSIGHT*  
[www.insight-book.com](http://www.insight-book.com)

\*\* Gallup, *Wellbeing*  
[www.gallup.com](http://www.gallup.com)

\*\*\*Brown, Dr. Brene', *Dare To Lead*  
[www.brenebrown.com](http://www.brenebrown.com)

Individual, unique strengths and strengths development\*

Self Awareness: Internal & External\*\*

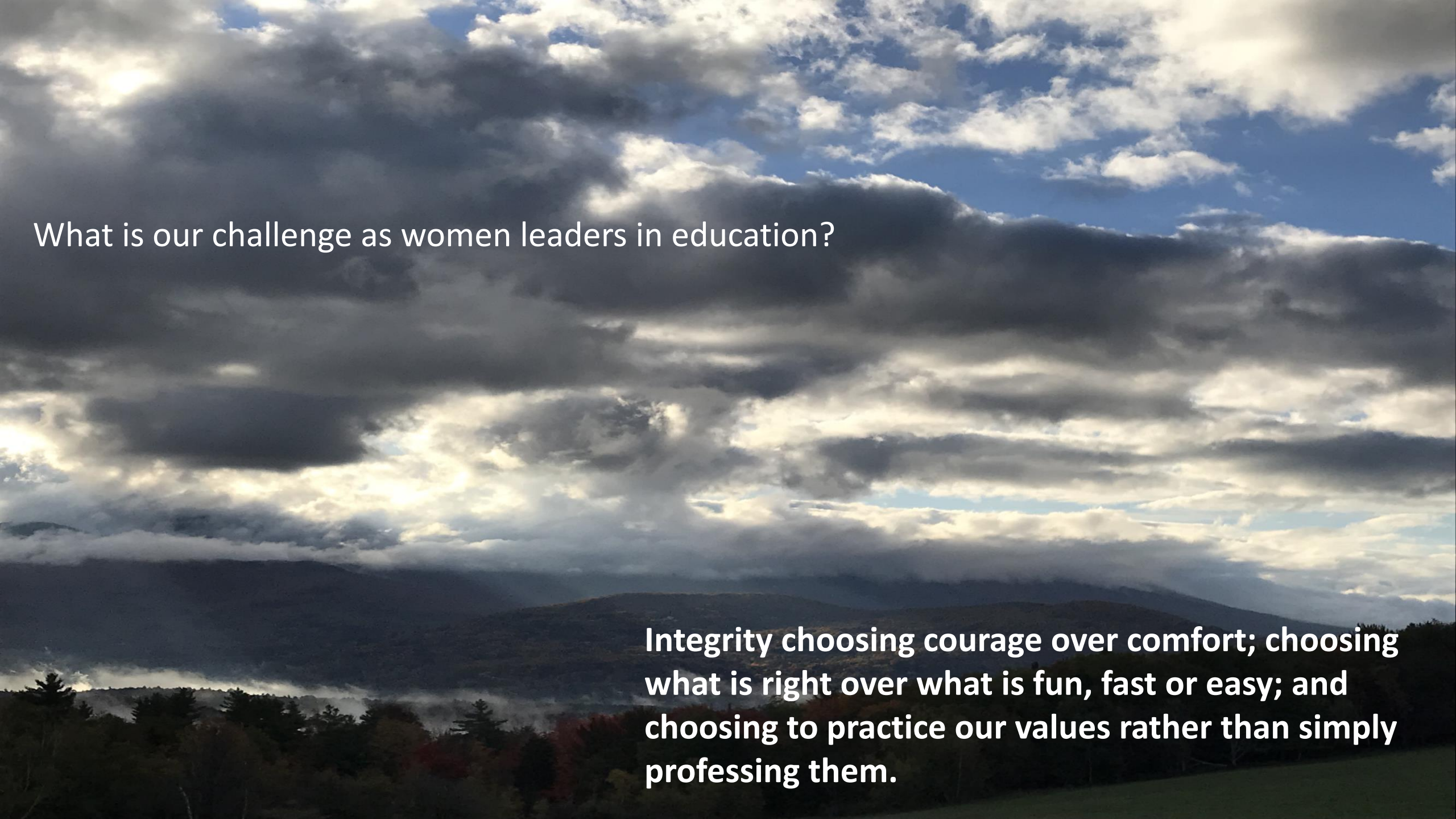
Creating healthy, "loving" feedback for self and the others\*\*

Creating healthy, impactful relationship\*\*\*

Reflection on Wellbeing\*

Vulnerability and a vulnerable culture that leads to innovation  
& change\*\*\*



A dramatic landscape featuring a vast sky filled with large, dark, and light-colored clouds. Sunlight breaks through the clouds, creating a bright glow. Below the sky, there are rolling mountains and a forested area in the foreground. The overall mood is contemplative and inspiring.

What is our challenge as women leaders in education?

**Integrity choosing courage over comfort; choosing what is right over what is fun, fast or easy; and choosing to practice our values rather than simply professing them.**



*Choose courage over comfort.*

**THE SYSTEM  
ISN'T BROKEN  
IT WAS  
BUILT  
THIS WAY**