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?

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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. Brené. *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?

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***

Eurich, Dr. Tasha, INSIGHT
www.insight-book.com

**Gallup, Wellbeing
www.gallup.com

***Brown, Dr. Brene’, Dare To Lead
www.brenebrown.com
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.