



**TAKING TEACHERS
TO THE TOP**



**WELCOME
TO THE
LEAD AND
INSPIRE
COMMUNITY**

WELCOME TO THE COMMUNITY

Our Community Group Norms are:

We are a supportive community of teaching professionals.

We recognise the importance of nourishing ourselves- mind, body and soul.

We are proactive in identifying our own needs and finding solutions, help, and additional support to ensure we are the version of our personal best.

We are aware of our own power in the choices we make and participate in our own personal development journey with an open heart and open mind.



WELCOME
TO THE
LEAD AND
INSPIRE
COMMUNITY

This is like no other community.

This is all about focusing on you, so you can WORK towards your full potential-your very best.

The amount you put in will determine the success, growth and results you will achieve.

We are here to create a community to share ideas, knowledge, expertise, stories, successes, failures and experiences.

We are starting with US because that is where it all begins and somewhere along the line with what life and the job throws at us...we have either forgotten who we are as individuals and how important it is to look after ourselves.

The classic- you can't fill others' glasses if yours is empty!



LEAD AND

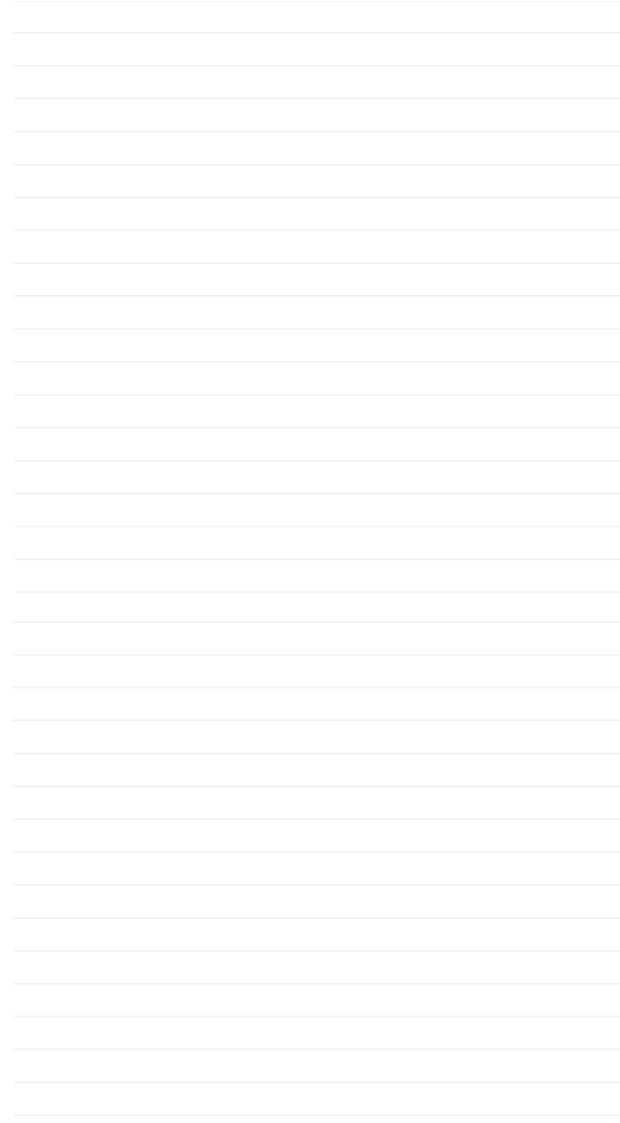
INSPIRE 

TAKING TEACHERS
TO THE TOP



SIMPLIFY TO AMPLIFY WEEK EIGHT

JESSICA TERLICK | LEAD AND INSPIRE





OVERVIEW






Over the next 10 weeks we are going to make some HUGE changes!

This online program has been designed to slowly release information every week so every task is achievable...you know, we do this with our students to get them to achieve their learning outcomes. It is your participation, your ACTION, your focus, the live videos and your interaction in the Facebook Group during the week will be where the magic happens!



There will be key messages every week to remember 😊

This week's message is: Change is hard! Resetting is easy. When you feel like you 'slip up' at something; reset and start again. The sun does it every morning! You can choose how many times a day you do it!

OVERVIEW OF THE 10 WEEKS

Week	Focus	Tasks	
Week One	The Set Up for Success	<ol style="list-style-type: none">1. Select the commandments that are relevant to you.2. Commit to the Sunday afternoon routine.3. Start focusing on the 5 Commandments you selected.	
Week Two	Relationships	<ol style="list-style-type: none">1. Write down all the things you want to get completed and then allocate who can do it or help you to do it.2. Crystal clear communication.	
Week Three	Motivation	<ol style="list-style-type: none">1. Identifying your 'WHY'.2. Identifying your reasons for and your motivation.3. Creating a goal to follow.	
Week Four	Let's Get Started.	<ol style="list-style-type: none">1. ACTION	
Week Five	Pick your space!	<ol style="list-style-type: none">1. ACTION	

OVERVIEW OF THE 10 WEEKS

Week	Focus	Tasks	
Week Six	Pick your space!	1. ACTION	
Week Seven	Pick your space!	1. ACTION	
Week Eight	How are your spaces now?	1. Identify what is still occupying your spaces. 2. Create action steps to clear the remaining.	
Week Nine	How do you de-stress?	1. Create a self-care list to go to on a daily basis.	
Week Ten	What have you achieved?	1. Share your completed list! 2. Take photos of your cleared spaces. 3. Do something to celebrate your success.	



WEEK EIGHT

HOW ARE YOUR SPACES NOW?

CHECKING IN

Take a moment to write in your journal.

- How are you feeling?
- What are you happy with?
- What needs improving?
- What have you learnt?
- What have you enjoyed?
- What have you disliked?
- What do you want to do more of?
- What do you want to do less of?

CHECKING IN

Take a moment to write in your journal.

- Now focus on your 5 Commandments!
 - Have you been consistent?
 - What difference have they made?
 - What would you like to keep as a habit?
 - What can't you wait to stop doing?
 - When has it been difficult to follow the commandment?
- Please note...if you have lost sight of following these commandments...commit to following them again for the next three weeks 😊



WHAT IS OCCUPYING YOUR SPACES NOW?

- Quite often when we complete a task or clear a space something else comes to replace it.
- We need to focus on the 'cleared space' being the NEW.
- With it being new, we want to look after it until it becomes, 'old'.
- This is our NEW comfort zone!



WHAT IS OCCUPYING YOUR SPACES NOW?

- You have been doing a lot of ACTION!
- Now is the time to gear yourself up more and finish off strong!
- Write down what is occupying your spaces now.
- Check in with your significant others who are also helping you with their tasks and their timeframes to make sure they finish them in time too.



**THIS
WEEK'S
TASKS**

- 1. Identify what is still occupying your spaces.**
- 2. Create action steps to clear the remaining. (Next two weeks of holidays)**
- 3. Check in with your loved one on how they are doing.**

**DON'T
FORGET**

- Your Sunday Afternoon Routine
- 5 Commandments
- CCC

I WOULD
LOVE TO
HEAR HOW
YOU GO
THIS
WEEK!

Please share any insights, moments of success or any challenges you may find in the Private Facebook Group as the Lead and Inspire Community is here for you on this journey! Your participation will inspire others to do the same and you will be leading by example.

Happy week eight!!
Always with a smile,
Jessica

