



**TAKING TEACHERS  
TO THE TOP**

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**WELCOME  
TO THE  
LEAD AND  
INSPIRE  
COMMUNITY**

## **WELCOME TO THE COMMUNITY**

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### **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 

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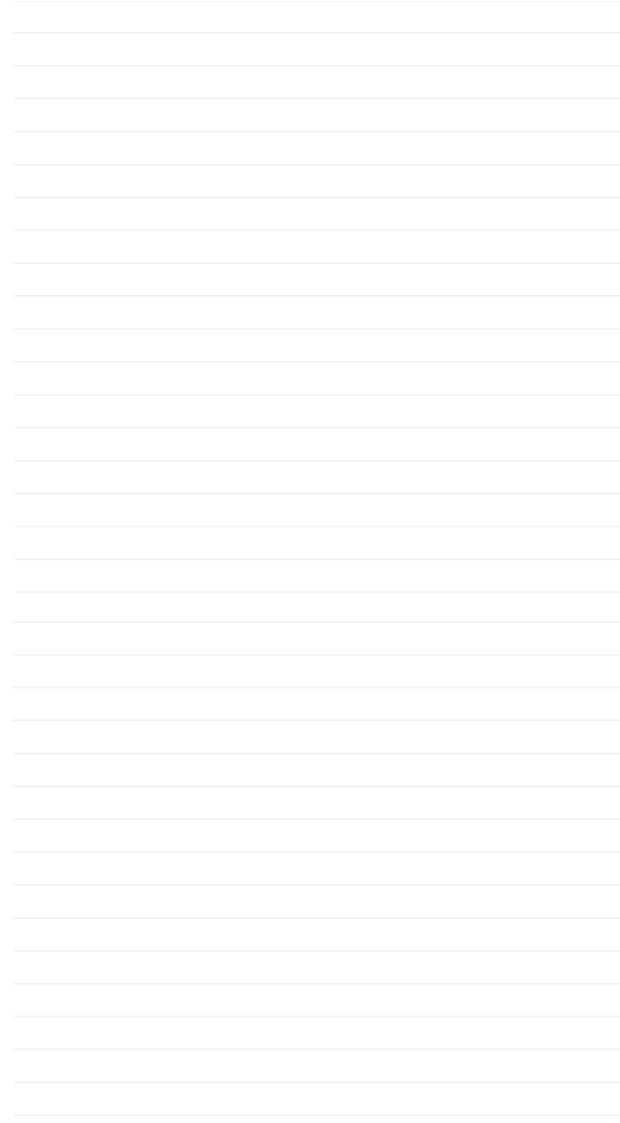
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# SIMPLIFY TO AMPLIFY

## WEEK NINE

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:** Don't glorify being busy. If you are not busy; does this make you lazy? How often do you feel guilty if you are not busy or feel like you should be doing something other than 'sitting down'? Self care can be a 'busy' task.

## OVERVIEW OF THE 10 WEEKS

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

## 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 the celebrate your success.	





# WEEK NINE

HOW DO YOU DE-STRESS?



**WHY DO  
WE HAVE  
TO BE  
BUSY?**

**I THINK FOR SO LONG WE HAVE THOUGHT THAT BY BEING BUSY WE ARE BEING MORE PRODUCTIVE---**

“Simplify to Amplify”

By actually simplifying our spaces we become more productive?  
Why?

Because our time and energy is spent where we need to spend it rather than focusing on what is cluttering our spaces!

Ready to amplify? You are probably feeling like this already 😊



**SIMPLIFY  
TO  
AMPLIFY**

- Now that we have cleared and organised spaces there should be less clutter around you?
- With less clutter you should feel less stress?
- Does that mean when we are stressed we clutter our spaces?
- If we slow down, recharge and take moments to pause... will we be more calm?



HOW DO  
YOU DE-  
STRESS?

- Quite often it's the things we love to do but don't create space and time to do it!
  - There are active and inactive ways we can do it.

**THIS  
WEEK'S  
TASKS**

**1. Create a self-care  
list to focus on  
daily 😊**

**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 nine!! Wow!**

***Always with a smile,***

***Jessica***

