



**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.



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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.

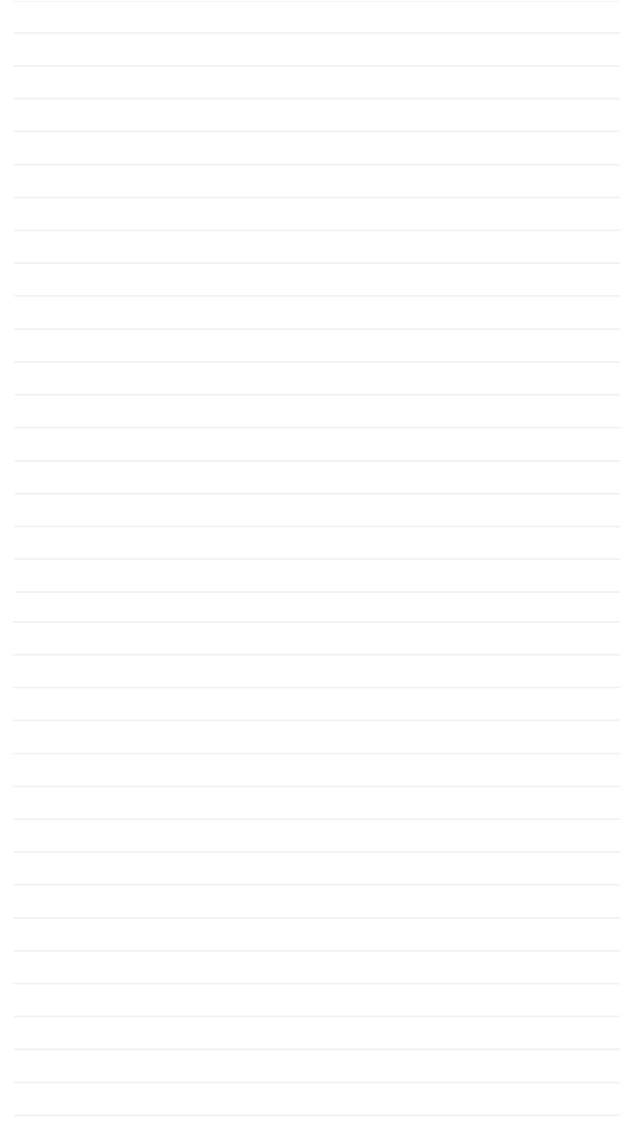
We are starting with US because that is where it all begins and somewhere along the line with what life and the job throws at us...we have either forgotten who we are as individuals and how important it is to look after ourselves.

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



# SIMPLIFY TO AMPLIFY WEEK ONE

JESSICA TERLICK | LEAD AND INSPIRE





**Welcome!**

## **Detox, Declutter, De-stress!**

You know that never-ending to-do list, things you want to do, jobs around the house, piles of resources, folders of marking and all things teaching; you have a lot of it! Getting THIS all sorted, once and for all, will actually give you more time and energy! Get ready to detox everything from your handbag to your emotions and relationships! There is no better time to do this than winter – get inspired and empowered!

### **CONTENT WILL INCLUDE:**

- **Weekly focuses and tasks.**
- **Why it is important to integrate the focuses into everyday life.**
- **10 weeks of support!**



# Welcome!

- On Sunday you will receive an email releasing the new information for the week.
- Use your login on the website to access the PowerPoint and Worksheet.
- To begin, start reading through the slides...no need to take notes. Enjoy the time just reading. Whatever you need to take in will be filed away in your subconscious.
- Then print out the worksheet to brainstorm your ideas and plan for the week.
- **Share your journey this week in the Private Facebook group; LEAD by example and INSPIRE others.**
- I will do a Facebook Live in our Private Facebook Group on Mondays at 5:30pm, to answer any questions and add any inspirational thoughts.
- ARE YOU READY? I'm so excited!



# 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:** Start small to build big! We are not asking you to do everything in the first week! Slowly, slowly and enjoy what you are doing. Quite often we avoid doing things, or leave them last to do on our to-do-lists because we don't enjoy doing them. This online program will provide the extra motivation...and hopefully the enjoyment...back into doing them😊

## 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 to celebrate your success.



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## A LITTLE ABOUT ME

Hi I'm Jessica! For those that don't know me; I am a wife, mum of two (love them to bits!), a level three teacher, Performance Coach, Keynote speaker, presenter and I am building this beautiful Lead and Inspire Teacher Community! I have been teaching for 10 years, had some time off on maternity leave and now teach Monday-Wednesday, so I can still be a stay at home mum and run my passion (this business).

Ben and I have created this community because I have been through it all! A country teaching placement, sick during every school holiday, losing my voice (all the time), constant headaches, feeling overwhelmed, tired and frustrated... the list goes on. But for most of my colleagues they wouldn't have thought I was going through all of this... instead they would have thought I was handling everything... VERY WELL!

Don't we all? We look like we have it altogether and our job, classroom and students are getting everything they need. We go above and beyond! As a result, we suffer. We punish ourselves and we keep asking our minds and bodies for more... because we will have time to rest later... once we have got everything done.

Last year I realised that I actually had it backwards. I thought by putting my profession (and everything else) before my own personal needs would make me a better person... but it actual fact by putting myself first I am a now better professional and at everything else! It is time for you to take care of yourself first so then you can reach another level in your career and also personal life! I promise you, it really does make a difference!



OUR  
EXPERT  
JOINING  
US

Hi there, I'm Ciara, a Professional Organising Consultant based in Perth.

I am a mum to a beautiful blue-eyed boy, and married to an Aussie guy who constantly inspires me to be my best self. We have two beautiful German Shepherds and are proud to call Perth our home.

For as long as I can remember I have had a knack organisation. However it wasn't until I became a mum that I fully appreciated the importance of full-proof organisational systems...and the stress free lifestyle it supports.

As someone who has always wanted a career that revolved around helping others, I am proud to creating solutions for people that will help re-establish a little peace and harmony in their homes and lives.

Let's create magic together.

Ciara





# ARE YOU READY TO BEGIN?

LET'S DO THIS!



# WEEK ONE

The Set Up for Success



## SETTING THE SCENE

- This week is all about getting into the FLOW of change.
- The next 10 weeks are not going to be easy. You are going to feel emotions, you are going to feel tired, you are going to feel like 'you cant be bothered', you are going have things 'pop up' and you are going to have a lot of excuses!
- This is because when we 'STEP OUTSIDE OUR COMFORT ZONE' and make changes...we get 'scared' and feel uncomfortable.
- We want to go back to our comfort zone because this is what we know well, this is what we do (really well) and when we think about it...our lives are not that bad really.
- The thing is...sometimes by getting comfortable we ACCEPT.

A red rectangular area with a pattern of small white chevrons pointing in various directions. The text "WHAT ARE YOU ACCEPTING?" is written in white, bold, uppercase letters, centered within the red area.

## WHAT ARE YOU ACCEPTING?

- We accept that we always feel tired, that the cupboard is always jumbled, that a friend makes us feel bad after seeing them, that it takes effort everyday to make things happen...now these might not be exact examples for you...but take a moment to think about what you are accepting.
- The things that you may want to get sorted once and for all may have –at some point- been accepted by yourself.
- The people that may make you feel uncomfortable or ‘down’ on yourself-are accepted by you.
- Where you put your time and energy is your choice...but you may have accepted that it is ok to be tired all the time or feel like everything has to be an effort, or even that you should always be busy...because that means we are doing a GREAT job right?





**TIME FOR A  
CLEAR OUT  
AND A  
CHANGE!**

- By clearing out your physical, mental and emotional spaces you will gain more time and energy- we will get to this in the next couple of weeks.
- By actioning small changes everyday...you will be creating powerful habits.
- It is these habits that will support you to step outside your comfort zone and into a new area of comfort!



## THIS WEEK'S TASKS

- 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- THIS WEEK!**

# THE SUNDAY AFTERNOON ROUTINE

**Aim to start the routine around 3pm.**

**1. Meal preparation and planning.**

- Plan your meals for the week. I have included a weekly meal planner to help you or may like to use your own. Bulk cook meals, roast vegetables, chop fruit and vegetables so they are easy to access during the week....

**2. Write a strategic to-do-list.**

- Strategically plan what you are going to do each day of the week.
- Identify what tasks are of a priority.

**3. Go for a walk**

- Now is time to take your mind off work. You have planned your week, now to settle your mind by changing context...and getting a little exercise! What a great way to start the week.



## YOUR FIVE COMMANDMENTS

- You get to select what 5 Commandments you want to focus on over the next 10 weeks.
- I will go into more detail in the Facebook Live and I will email you a link to the video after I have recorded it.
- Once you have selected the commandments place them in a spot you can see on a daily basis and take a photo to share in the group.
- These are your focuses for the week 😊
- Happy Week One!

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.**

**Congratulations on embarking on this journey!**

*Always with a smile,*

*Jessica*

