



**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 

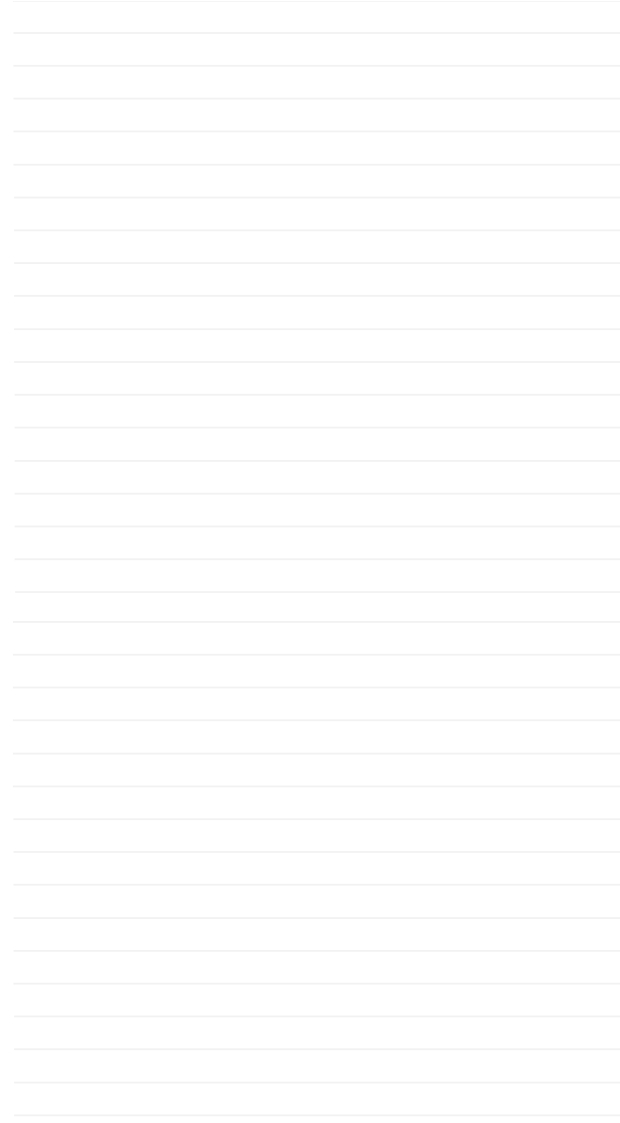
TAKING TEACHERS
TO THE TOP



SIMPLIFY TO AMPLIFY

WEEK TEN

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: When you finish or achieve something...don't go straight onto the next thing. Enjoy the moment! Celebrate and share your achievement with others.

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 the celebrate your success.	



WEEK TEN

WHAT HAVE YOU ACHIEVED?



**JOURNAL
TIME**

- Acknowledge what you have achieved!



**JOURNAL
TIME**

- Reflect on how you are feeling and what you can do moving forward.



JOURNAL TIME

- **Review
of the 10
week
focuses.**

- 1. Setting up for Success**
- 2. Relationships**
- 3. Motivation**
- 4. Getting Started**
- 5. Picking your space**
- 6. Picking your space**
- 7. Picking your space**
- 8. How are your spaces now?**
- 9. How do you de-stress?**
- 10. What have you achieved?**



**JOURNAL
TIME**

- Review of the 5 commandments!



**THIS
WEEK'S
TASKS**

1. Share your completed list!
2. Take photos of your cleared spaces.
3. Do something to celebrate your success!

WHERE TO
NOW?

- I will be sending you an email at the end of the program...

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.

The last week! Thank you for being a part of this online program!

Always with a smile,

Jessica

