



**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

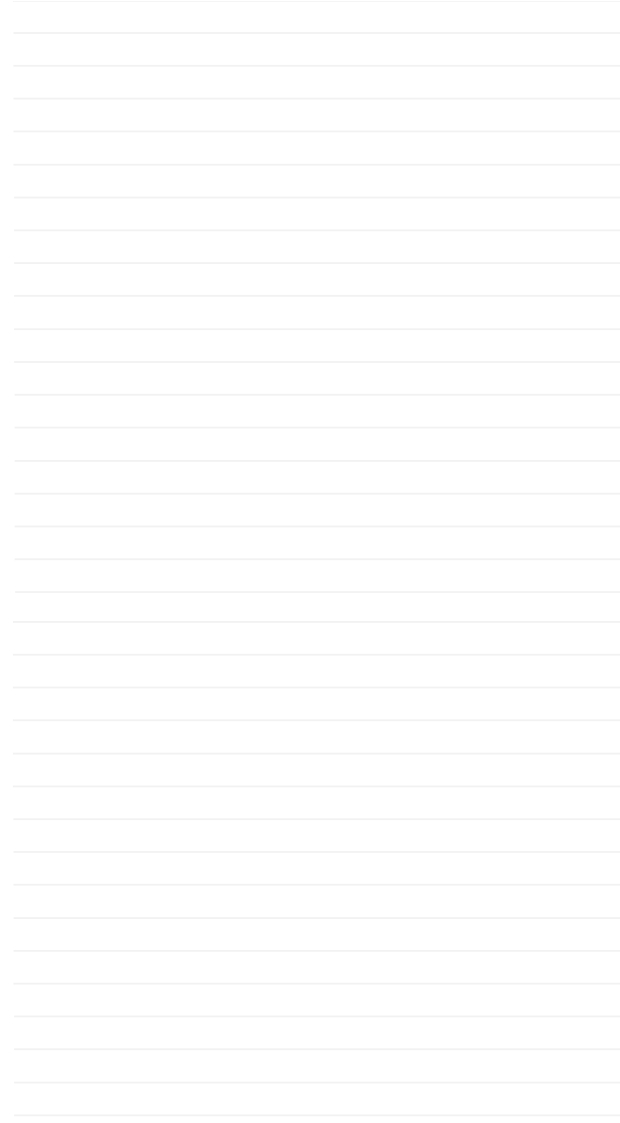
INSPIRE 

TAKING TEACHERS
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SIMPLIFY TO AMPLIFY WEEK TWO

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: Find your voice again! There is no harm in saying what you really feel and explaining what you really want. Yes, we have to watch our tone and context...but if you are coming from a place of genuine kindness and expression...then all will end well!

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 TWO

Relationships



RELATIONSHIPS

- Time to give your relationships an audit!
- When you see someone or speak with someone—be aware of how you feel when you are with them and when you leave.
- It is quite straight forward really---if you feel positive when you leave then this person is a positive person to be around.
- If you feel negative; it doesn't necessarily mean that they are a negative person...it just means you need to pay attention to the 'relationship'.
- See it might be you or it might be them. You might have a emotional trigger or self belief that projects onto this person. Or this person might be triggered by you.



RELATIONSHIPS

- Some things to act on over the next nine weeks:
 - Clear your social schedule. Have a break and enjoy your own 'bubble' during this time. This will also free up time to focus on yourself and your spaces.
 - Say 'no' to 'all' social events. Now this may sound really harsh but bear with me. The events where you feel like you 'have to' attend...practise saying 'no'. The events where you 'want to' attend then by all means say 'yes'. Keep in mind we are only doing this for nine weeks (you may like it and continue it) and I have also purposely planned this to be in winter in the hope that there are less social events. This also goes for the ones who plan the social gathering... 'no' 😊
 - Practise CRYSTAL CLEAR COMMUNICATION



CRYSTAL CLEAR COMMUNICATION

- Have you lost your voice? Have you stopped having difficult conversations because you have no energy?
- Do you feel like YOU are the one that has to do everything?
- Do you feel like YOU are the only one that can do tasks?
- Do you feel like YOU can't ask for help?
- Introducing CRYSTAL CLEAR COMMUNICATION. We are clearing out thoughts and emotions and we will need to speak to others to get it all out 😊 Mention this concept to your loved one(s) and encourage them to use it with you.
- What exactly is it? It is creating a non-judgemental space where you feel safe enough to say what is on your mind and how you feel.



HOW CCC PLAYS OUT IN MY HOUSE

Just to give you a little example:

- I used to think that Ben didn't listen to me and didn't 'let' me do what I wanted to do. But in actual fact I was 'having' the conversations in my own mind and then playing out what I thought he would say... often then not saying what I was thinking.
- I don't know how I got to that point and perhaps I have always done it as I like to make sure everyone is happy around me. But when I realised I was doing this I then realised that my emotions and therefore emotional eating were involved!
- So now I see it so important to speak... Crystal Clear Communication (CCC).



HOW CCC PLAYS OUT IN MY HOUSE

- When I first came across it, I explained to Ben that I sometimes have trouble explaining how I feel and what I want to say...for different reasons; I don't want to upset anyone, its not the right time etc.
- I said that CCC is all about giving me an opportunity to speak while he listens (haha sounds blissful doesn't it) and there is no need to respond or act straight away. It is a non-judgemental time 😊
- It took some practising but every time I felt the need to say something I would say... 'Babe, I need some CCC time...are you ready for it?'
- Yes he laughed and shook his head many of times but now he actually gets intrigued by what I have to say...and he even says it to me sometimes. He just calls it a CC conversation.



CRYSTAL CLEAR COMMUNICATION

- See the thing is; we have all got so busy and we think we know what our loved ones are feeling and thinking because we ACCEPT that they will speak to us if they need to.
- But we don't really speak to them if we need to...and we can't guarantee that they speak to us when they need to. We isolate ourselves in our relationships because we don't want to be a burden, we want to keep everyone happy and we don't want to ask for help.
- It might also be because we don't have the time or energy as well.
- Have a go...set the space for it...sound crazy when you explain it to your loved ones...most of all have fun with it!
- It will take your relationships to a whole new level and it will release a lot of emotional and mental clutter!



**SO WHAT
DO YOU
WANT TO
CLEAR
OUT?**

- This week we are going to write down exactly what you want to clear out and organise during this program.
- Then you are going to identify who you are going to get to help you... CCC coming their way!



THIS WEEK'S TASKS

- 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**
- 3. Create a list for your loved ones to do and a date that they need to be completed by.**

**DON'T
FORGET**

- Your Sunday Afternoon Routine
- 5 Commandments

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 two!!

Always with a smile,

Jessica

