HOW OPTIMISTIC LEADERS CREATE EQUITY IN EARLY LEARNING PROGRAMS
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It’s hard to be what you can’t see.
— Marian Wright Edelman

Equity for every child must begin with equity for all the adults in their lives.

LET’S EXPLORE
Strategies to:
1. Harness your power
2. Forge equitable partnerships
3. Nurture thriving communities
Let’s take a moment to breathe, quiet the static, and be present.

We hope our conversation fills your cup of energy and ignites your personal power!

One person’s mood and behavior influences another’s.
WHAT IS OPTIMISM?

Optimists feel confident about the future and see a path forward.

THE FIVE COMMITMENTS OF OPTIMISTIC LEADERS

1. Think impact to make informed decisions.
2. Cultivate self-awareness to guide thought, emotion, and behavior.
3. Nurture relationships to support learning and collaboration.
4. Refine communication for mutual clarity and understanding.
5. Activate curiosity to find connections and continue learning.

HARNESS YOUR POWER

• You matter!
• Self-care is not "one size fits all" and not just for those with privilege
• Make self-care a priority and find your "just right fit"
SELF-CARE FOR LESS THAN $1

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<th>Activity</th>
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<tr>
<td>Take a Walk</td>
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<td>Meditate</td>
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<td>Do in Nature</td>
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LET'S REFLECT

Why must we make self-care a priority?
Poll

If you can’t see the slides after the poll, click the flower in the task bar at the bottom of your screen.

Areas of Self-Care

- Physical needs
- Social needs
- Emotional needs
- Spiritual needs

"When we listen to our bodies, hearts, and minds, and consider input from trusted friends, we can find resiliency and renew our lives and work."

- Smithsonian, *Talking About Race, National Museum of African American History & Culture*
LET'S REFLECT

Recall one thing you did over the past year to focus on your own needs.

Write it down so you always remember how to harness your power.

Poll

If you can't see the slides after the poll, click the flower in the task bar at the bottom of your screen.

IT'S ABOUT YOU

• Your experience
• Keep it simple
• What do you need?
“Through self-care, what we are doing is developing a relationship with ourselves—which actually supports us in developing relationships with everybody else.

— Prudence, Palliative Care Provider

FORGE EQUITABLE PARTNERSHIPS

- Two-way
- Built on trust
- Both people learn and grow through curiosity
"No" is a complete sentence.

— Administrator, Arkansas
Let’s Reflect

Think about relationships that energize or deplete you.

Think about their impact on you.

Poll

If you can’t see the slides after the poll, click the flower in the task bar at the bottom of your screen.

Staying Connected

• Reach out through text, phone, or video chat
• Schedule play dates with friends
• Prioritize energizers
Let's reflect

Think about ways to connect with people who give you energy.

Remember to connect with someone today.

“

To stay connected to why we do this job, it is important to find your tribe. Time spent together is a breath of fresh air.

— Assistant Principal, Alabama
NURTURE THRIVING COMMUNITIES

• Revitalize and reframe relationships through an equity lens

• Think of the impact on children

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HOW DO WE MAKE THIS A REALITY?

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LET'S REFLECT

Think about a setting where you feel valued.

What impact does it have on you?

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Poll

If you can’t see the slides after the poll, click the flower in the task bar at the bottom of your screen.

Everyone deserves to have their voice heard...
— Teacher, Mississippi

These meetings leave me energized and I’m like ‘let’s do it!’
— Teacher, Alabama

TO ESTABLISH AN EQUITABLE CLIMATE AND CULTURE...

• Demonstrate respect to create a balance of power

• Forge connections that break down silos
RISKS OF SILOS

- Groups remain isolated
- Power dynamics are reinforced
- Communication breaks down
- Unhealthy relationships form

Healthy climates are equitable and energizing!

LET'S REFLECT

What's one action you can take to build bridges and forge strong collaboration?
YOUR COMMITMENT

What will you do today to harness your power?

We encourage you to embrace your role as an Optimistic Leader for children.

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