

ESSENTIAL P.A.U.S.E.TM FOR LEADERS:



LEADING WITH CALM, CONFIDENCE, AND COMPASSION

As demands on educational leaders increase, maintaining your inner strength and leading calmly, confidently, and compassionately can make all the difference for you and the people you lead. Stressed and overwhelmed systems and people require centered and creative administrative presence and capacity.

The Essential P.A.U.S.E.TM workshop series, developed by the Self-Leadership Collaborative is designed to equip you with the tools and insights necessary to excel in your leadership role. Grounded in the principles of Internal Family Systems (IFS) - an evidence-based, trauma-informed framework - the P.A.U.S.E.TM model offers a comprehensive approach to understanding the internal dynamics that impact both you and the people you lead. This workshop will empower you with strategies to respond from your best self and enhance your leadership capacity.

With the expert guidance of SLC founder, Joanna Curry-Sartori, MS, LMFT and Kathryn Serino, Ed. D., former superintendent, consultant and leadership coach, you will learn intuitive and practical steps to cultivate your capacity to lead effectively both in everyday relationships and overarching organizational challenges.

This year-long cohort includes three one-day in-person workshops and four on-line one-hour group practice sessions between workshop sessions. Sessions are highly interactive and include self-reflection, small group discussion, and creative application. Join us and discover the transformational power of P.A.U.S.E.TM

IN-PERSON WORKSHOP SESSIONS 8AM - 3PM

October 18
January 15
April 8

LOCATION

CAS, 30 Realty Drive
Cheshire, CT 06410

VIRTUAL SMALL GROUP CONSULTING 7:30AM - 8:30AM OR 3PM - 4PM

November 13
February 12
March 12
May 7

COST

\$1,500/person
If 3+ sign up from the same district,
the cost will be \$1,200/person

REGISTRATION DEADLINE

October 1, 2024



More info ↓

Curious to learn more
before you register?

Join Kath and Joanna
for a 30 minute
pop-in session!

AUG. 21
9AM - 9:30AM

Click Here ↗

TO REGISTER

Click Here ↗

<http://casci.ac/10699>