



# ESSENTIAL P.A.U.S.E.<sup>TM</sup> FOR LEADERS:

**With:**

Joanna Curry-Sartori, MS, LMFT  
Kathryn Serino, Ed.D.

## 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. Stressed and overwhelmed systems and people require centered and creative administrative presence and capacity.

Our Essential P.A.U.S.E. workshop series, developed by the Self-Leadership Collaborative (SLC), 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. model offers a comprehensive approach to understanding the internal dynamics that impact both you and the people you lead.

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.




# REGISTER

This year-long cohort includes three in-person workshops and four online practice sessions, providing a highly interactive experience with self-reflection, small group discussions, and creative applications.

## In-person Workshop Sessions:

October 18  
January 15  
April 8




8 AM - 3 PM

Location:  
CAS, 30 Realty Dr., Cheshire, CT

## Virtual Small Group Consulting Sessions:

November 13  
February 12  
March 12  
May 7



7:30 - 8:30 AM  
OR  
3 - 4 PM

## Cost:

\$1,500/person  
\$1,200/person for 3 or more  
from the same district

Registration Deadline:  
October 1, 2024

**Want to learn more and experience the P.A.U.S.E. model?**

**Register for a 1-hour introductory workshop:**

- Sep 16, 7-8 PM
- Sep 18, 2 - 3 PM
- Sep 27, 12-1 PM

**Use coupon code PAUSE100 for FREE access.**

## What is the Essential P.A.U.S.E. for Leaders?

Watch this [video](#) on YouTube. (under 5 min)

## What is the Self-Leadership Collaborative all about?

Visit the SLC [website](#).