

The CT Association of Schools and the Self-Leadership Collaborative invite you to a half-day

SELF-CARE WORKSHOP

JAN 15, 2025 • 12:30-3:30 PM

TRANSFORM YOUR LEADERSHIP FROM THE INSIDE OUT:
A retreat to cultivate calm, connect with confidence and inspire change

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

Maintaining inner strength and leading calmly, confidently, and compassionately can make all the difference for you and the people you lead. This half day retreat introduces the P.A.U.S.E. model, equipping you with the tools and insights necessary to care for yourself as you excel in your leadership role.

Developed by the Self-Leadership Collaborative (SLC) and grounded in the principles of Internal Family Systems (IFS) - an evidence-based, trauma-informed psychological framework - the P.A.U.S.E. (™) model is a comprehensive approach to understanding the internal dynamics that impact you and the people you lead.

In this workshop, you will learn to empower yourself to lead with resilience, compassion, and clarity – starting from the inside out:

- Enhance personal well-being by incorporating practical strategies into your daily routine to manage stress and stay calm and centered
- Improve leadership and transform relationships through effectiveness through confident, compassionate and collaborative interactions.

Joanna Curry-Sartori is the visionary Founder and CEO of Self-Leadership Collaborative (SLC)

Kathryn Serino is an educational consultant, leadership coach and former CT superintendent of schools

What is the Self-Leadership Collaborative?



Visit the SLC [website](#)

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

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

\$75 per participant

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