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CALMfident Leadership

Nurturing Principal Well-Being

The time is now for Principals to care for their well-being as leaders as you manage the ever growing demands of our role.
Embrace this “CALM” Resilience Framework as a tool to guide you to improved self-care.

What are YOUR PAIN POINTS ?

C: Connect and Collaborate **to cultivate support networks**

A: Attitude of Gratitude and Grace **to create positive thinking patterns**

L: Leaning into New Learning **for personal and professional growth**

M: Mindful Measures **for stress management**