

VISIONARY MINDFUL LEADERSHIP



I inspire dedicated Principals with “CALMfident”
Personalized Leadership Development



Vinita Mongia, dedicated educator and Principal with 30 years of experience with the Peel District School Board, is a visionary school leader, committed to achieving high expectations for academic success, student well-being and equity and inclusion. Throughout her career, she led in a variety of roles, including Special Education Teacher, Early Literacy Resource, Literacy Coach, Vice Principal, and Principal. She has also been a Mentor, supporting educators, Principals, and Superintendents to reach their full potential. Additionally, she has spearheaded the development of professional learning presentations for parent communities and cultivated innovative partnerships and programs. Vinita is a firm believer in creating harmonious and purposeful learning environments for students, educators, parents, and fellow principals.

Vinita Mongia Leadership and Consulting
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Bring **Calm and Confidence** to the forefront of your leadership journey with this **3 part workshop series** designed for **School Leaders**

“CALMfident”

Leadership
Presentations

3 Part Series
&
Customized
Presentations

Nurturing Principal Well-Being: Learn about a resilience self-care framework to navigate the role of School Leader with a renewed focus to prioritize your well-being

Principal “Planning Time”: Create time management strategies, resources and a renewed TIME MINDSET

CALM School Spaces: Create CALM spaces to foster focus, reduce distractions and regulate your nervous system

**Let's take this inspiring journey,
unlocking potential
and igniting your “CALMfident”
leadership!**

VISIONARY MINDFUL LEADERSHIP



**Personalized Leadership Development,
An investment in YOU!**

“CALMpass”

Personalized
Leadership

Access your
professional
development funds
to invest in your
leadership journey

The CALM Resilience and Self-Care Framework is specifically tailored to your unique leadership learning journey, providing you with personalized strategies to enhance your well-being, build resilience, and lead with greater confidence and clarity

Collaboration and Connection to cultivate support networks

Attitude of Gratitude and Grace for positive thinking patterns

Leaning into new Learning, for personal and professional growth

Mindful Measures for well-being and stress management

**Working together, we take a customized
CALM approach to your leadership
journey**

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