

Reflective Practice: Self-Awareness, Communication & Problem Solving

Course Overview

This leadership course, Reflective Practice: Self-Awareness, Communication & Problem Solving, provided by Housman Institute, is designed to support leaders in using self-awareness, self-reflection, stress-management techniques, and an understanding of one's own emotionality to begin transforming the entire school-community. In this course, leaders will learn how to implement Reflective Practice, adapted from Reflective Supervision, to improve their school-wide practices and support systems within the school community.

The course supports leaders in dealing with the many stressors that they experience on a daily basis and establishes systems within leadership practices to manage stress of all members in the school community. Reflective Practice, self-awareness, self-reflection, stress-management, communication, and problem-solving are addressed in this self-paced, three-module course. Each module begins with an overview of the learning objectives and topics and contains instructional videos, interactive scenarios, games, and knowledge checks to inform and support learning.

Target Audience: School leaders including but not limited to directors, principals, program coordinators, specialists, and administrators in early childhood, elementary, and middle school.

Course Goals

At the end of this training, leaders will understand how to implement self-awareness, self-reflection, and stress-management techniques to help with understanding and enhancing their own emotionality. They will also learn about Reflective Practice and how to implement Reflective Practice language, techniques, and sessions into their school support structure. For further learning, leaders should participate in the [begin to ECSEL teacher and mentor training program](#).

In this program, leaders will explore and learn through three sequential modules:

- Module 1: Helping Leaders Help Themselves
- Module 2: How Leaders' Emotionality Impacts the Community
- Module 3: Implementing Leadership and Reflective Practice

Course Objectives

By the end of this course, learners will be able to:

- Identify how Reflective Practice supports leaders within the school community by using self-reflection, emphasizing understanding one's own emotionality, and stress management techniques.
- Implement the steps of Reflective Practice sessions to improve school-wide practices and support systems within the school community.

Module Outline

Modules (80 minutes)	Learning Goals
<p>Module 1 (25 min)</p> <p>Helping Leaders Help Themselves</p> <p>School leaders play a key role in education settings, but are faced with a unique set of heightened stressors. When the feelings that come from stress are left unmanaged, they are felt throughout the entire school community. In order to support others and succeed in your critical role, you need to help yourself first by managing your own emotionality.</p> <p>Activities:</p> <ul style="list-style-type: none">• Module 1 Overview• Helping Leaders Help Themselves Video• Extended Learning: Self-Reflection, Self-Awareness, and Enhancing Your Emotionality as a Leader• Stress Management Techniques Scenarios• Key Takeaways• Check Your Knowledge	<p>By the end of this course, learners will be able to:</p> <ul style="list-style-type: none">• Identify self-awareness and self-reflection as part of the Reflective Practice techniques to support one's own leadership approach• Recognize how understanding one's own emotionality can be beneficial for leaders• Acquire stress-management techniques to apply to one's leadership structure and school community.
<p>Module 2 (25 min)</p> <p>How Leaders' Emotionality Impacts the Community</p> <p>Leaders are met with countless responsibilities, obstacles, and stressors on a daily basis, making it all the more important that leaders understand and manage their emotionality to prevent it from negatively impacting the community. In fact, a leaders' ability to manage and enhance their emotionality can positively impact the community.</p> <p>Activities:</p> <ul style="list-style-type: none">• Module 2 Overview• How Leader's Emotionality Impacts the Community• Extended Learning: Using Reflective Practice Techniques• Reflective Practice Session: Scenarios• Check Your Knowledge	<p>By the end of this course, learners will be able to:</p> <ul style="list-style-type: none">• Acquire stress-management techniques to apply to one's leadership structure and school community• Apply the steps of a Reflective Practice session to school-wide practices (e.g., between leaders, leaders and teachers, teachers and peer mentors, teachers and children, teachers and families)• Demonstrate how to use Reflective Practice techniques to improve communication, problem-solving, stress-management, relationships, and support systems

Module Outline (cont.)

Modules (80 minutes)	Learning Goals
<p>Module 3 (30 min)</p> <p>Implementing Leadership & Reflective Practice</p> <p>Reflective Practice takes <i>practice</i>. Apply your knowledge of Reflective Practice to real-life scenarios that leaders face on a daily basis.</p> <p>Activities:</p> <ul style="list-style-type: none">• Module 3 Overview• Implementing Leadership and Reflective Practice Video• A Reflective Practice Session Simulation• Check Your Understanding• Key Takeaways	<p>By the end of this course, learners will be able to:</p> <ul style="list-style-type: none">• Identify the three types of stress, the causes of stress, the feelings they foster, and the impact they can have on one's physical and mental health.• Understand and categorize levels of stress to apply appropriate coping strategies to manage them and the feelings that stress triggers in you.