



# **The Flourishing Principal: Strategies for Self-Renewal (It's Easy to W.R.I.T.E. Expressive Writing)**

*Kathleen Adams, Rosemary Lohndorf*

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The work of a school principal is a blend of nonstop demands, heart-opening connections, near-constant stress, passionate commitment, and a merry jumble of projects that flop or flourish. It's easy to forget that the principal's own health and harmony are among the things that also need attention.

In this innovative workbook, you'll be expertly guided through *The Flourishing Principals*. Eight strengths-based, solution-focused strategies for self-renewal are designed to support principals like you. You'll connect with core values, find and sustain healthy balance, acknowledge current reality, and set clear intentions. You'll rediscover innate creativity, refresh healthy communication skills, focus on self-care, and call upon guiding wisdom. You'll flourish!

More than 70 well-crafted writing prompts guide you to self-renewal. Each is illustrated with the voice of a flourishing principal who has embodied these strategies. A facilitator's guide featuring a step-by-step curriculum prepares you to lead a writing group with peers.

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