

# SMEA TELL ME THURSDAY WEBINAR

## DR. ZEISNER



Creating, Maintaining and Repairing the Teacher/Administrator Relationship



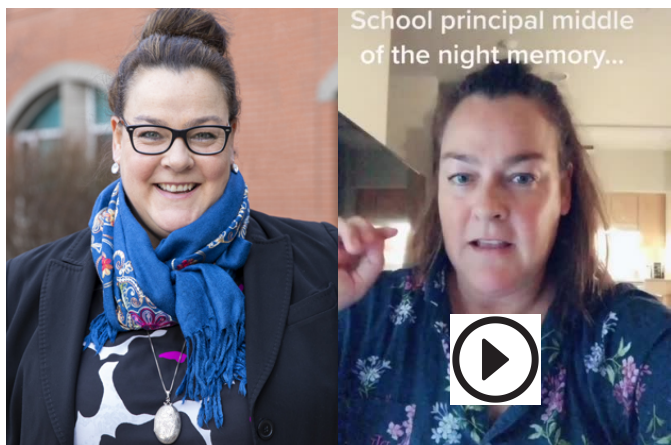
### OVERVIEW:

#### It begins with you!

Dr. Zeisner met with several SMEA members to deliver the message that you have a great deal to do with your relationship with your administrator.

Her appreciation for music teachers is because she has seen how music teachers are saving lives. They are connecting with kids and bringing out the best of kids who often aren't recognized in other areas.

- Take responsibility for yourself
- Use the KSA model with your administrator
- Understand that your administrator is a person not just a role
- Your words matter - Use "I" statements
- Recommended Resources



Why  ?

*"The power of social media, being vulnerable, telling your truth, and having fun are just a few things she says are important."*

Follow Dr. Zeisner!!

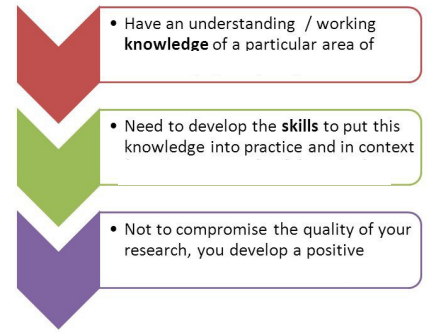
Twitter @PrincipalZed and TikTok DrZeisner

# You Matter!

## Overview of the Webinar

Your health can be viewed as a triangle, your **physical**, **social/emotional** and **mental** health is paramount, and not just during a pandemic! You need to make time to connect with someone, spend time quieting your mind (think meditation or journaling) as well as move your body in some small way each day to really balance your health. Ask yourself if you are taking care of yourself in all three areas because they are interdependent and do affect how well you can show up for the people in your life.

She recommended that you use a "KSA Model" when talking with your administrator. It is a safe, collaborative tool that can highlight the areas you are doing well and the areas that you need to be supported on to grow. Together you can brainstorm on all of the **knowledge** you bring into the classroom, and you can discuss all of the different **skills** and strategies you use in the classroom.



Discussing your **attitude** can reveal a great deal of your wonderful traits and give you feedback on ways to connect with others even more!

### Tips:

- Use **"I" statements**; no one can deny your feelings, they also provide a framework for your conversations.
- If your upset with an issue, say **"Help me understand..."**
- Encourage **other stakeholders** to connect with the administrator (students &/or parents)
- Your administrator is juggling so many things, send them **reminders** if they need it!
- **Don't demand** instead say "May I make a request..."

## Additional Resources

Recommendations from Dr. Zeisner

### Ted Talk

Everyone needs a champion-  
by Rita Pierson

### Books

Five Practices of Exemplary Leadership -Barry Posner and James M. Kouzes

Uplifting Leadership -Alan Boyle, Alma Harris, and Andy Hargreaves

M is for Maple - by Michael Ulmer

