

RESOURCES: Personal Sustainability

REFLECTING ON YOURSELF

BOOK:

Houston, P. D., & Sokolow, S. L. (2006). *The spiritual dimension of leadership: 8 key principles to leading more effectively*. Corwin Press.

BOOK:

Ackerman, R. H., & Maslin-Ostrowski, P. (2002). *The wounded leader: How real leadership emerges in times of crisis*. San Francisco, CA: Jossey-Bass.

BOOK:

Emmons, R. A. (1999). *The psychology of ultimate concerns: Motivation and spirituality in personality*. Guilford Press.

WEBSITE:

Strengths Based Leadership

<http://strengths.gallup.com/110242/About-Book.aspx>

BOOK:

Cain, S. (2013). *Quiet: The power of introverts in a world that can't stop talking*. New York, NY: Broadway Books.

VIDEO:

Susan Cain: The power of introverts (19:04)

<https://youtu.be/c0KYU2j0TM4>

MANAGING WORKLOAD

Video:

The Breakthrough Coach 2-Day Program (4:17)

<https://youtu.be/iWhmu2reH6U>

Video:

The way we're working isn't working: Tony Schwartz at TEDxMidwest (17:54)

<https://youtu.be/smrMWv5rcCo>

Book:

Schwartz, T., Gomes, J., & McCarthy, C. (2010). *The way we're working isn't working: The four forgotten needs that energize great performance*. New York, NY: Simon and Schuster.

Book:

Boris-Schacter, S., & Langer, S. (2006). *Balanced leadership: How effective principals manage their work*. New York, NY: Teachers College Press.

YOUR FIT IN YOUR CONTEXT

VIDEO:

TEDxMileHigh - Natalie Baumgartner - Fit (9:49)

<https://youtu.be/JN3mW2IzCrc>

CHANGING THE CONTEXT

ARTICLE:

How to Improve Your Life with “Story Editing”

<http://www.scientificamerican.com/article/how-to-improve-your-life-with-story-editing/>

BOOK:

Reina, D. S., & Reina, M. L. (2006). *Trust & betrayal in the workplace: Building effective relationships in your organization*. San Francisco, CA: Berrett-Koehler Publishers.

BOOK:

Stone, D., Patton, B., & Heen, S. (2010). *Difficult conversations: How to discuss what matters most*. New York, NY: Penguin.

BOOK:

Meyerson, D. E. (2008). *Rocking the boat: How to effect change without making trouble*. Harvard Business Press.

BOOK:

Leiter, M. P., & Maslach, C. (2011). *Banishing burnout: Six strategies for improving your relationship with work*. John Wiley & Sons.

VIDEO:

Robert Kegan on Immunity to Change (14:02)

<https://youtu.be/FFYnVmGu9ZI>

BOOK:

Owen, J. C. (2006). *The impact of politics in local education: Navigating white water*. Blue Ridge Summit, PA: Rowman & Littlefield Education.

EXPECTATIONS OF ADMINISTRATORS

ARTICLE HIGHLIGHTS:

The Myth of the Superprincipal

http://www.edleadersforequityandexcellence.com/docs/The_Myth_of_the_Superprincipal.pdf

FULL ARTICLE:

Copland, M. A. (2001). The myth of the superprincipal. *Phi Delta Kappan*, 82(7), 528.

ENCOURAGEMENT

SONG:

Craig Carothers, *Little Hercules*

<https://youtu.be/5WHZA-1CZ5g>

Lyrics at <http://www.metrolyrics.com/little-hercules-lyrics-trisha-yearwood.html>