

# LAUNCH»

Leadership Accountability Unity Navigating Change High Expectations

## TASK CARD | DECEMBER 2020

DISTRICT SUPPORT PARTNERS, PERFORMANCE COACHES,  
SCHOOL LEADERS, TOSAS AND INSTRUCTIONAL COACHES

### ***Rising Strong***

by Brene Brown

- » Please read *Owning Our Own Stories* (pgs.39-97):
  - » Reflect on a time where you “owned your story”.
  - » Where did your story fall in the process discussed in the pages you read?
  - » Did you “reckon and rumble”?
  - » What was your outcome?

### ***Supporting & Educating Traumatized Students***

by Eric Rossen

- » Explore the book and pay particular attention to the Case Studies in Chapter 4 as we move forward into supporting and educating traumatized students.

### ***Trauma Stewardship***

by Laura van Dernoot Lipsky with  
Connie Burk

- » Please read pages 172-176 and reflect on the questions at the end.
  1. Think of a challenging work situation. Write down three things that make it challenging. Write down three things that you appreciated about it. Look at your lists and ask yourself, “Where am I more likely to focus and why?”
  2. For one day, commit to paying attention to the running commentary in your mind. Is your mind in the habit of seeing the glass as half-empty or half-full? Are you able to reframe things as half-full, or do you feel an investment in seeing things as half-empty?
  3. Find a mirror, stand in front of it, and look at yourself. Notice the first three things that come to mind. Would you classify them as positive, loving, kind things? If not, try again.



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