



Strategy, Organization,  
Achievement, & Resilience

## Task Card | December 2020

### Trauma Stewardship

by Laura van Dernoot Lipsky with Connie Burk

- » Please read Chapter 2 – The Three Levels of Trauma Stewardship (pages 19-38):
  - » Pages 33-38 focus on a profile about Cindy Parry. Please read this profile and reflect on the following questions.
    1. While this story relates specifically to medicine, it is not hard to see the parallel in education. How can you relate to Cindy's experiences in regards to your role as a School Leader?
    2. Do you experience burn out, frustration or callousness?
    3. What are your strategies to help you combat these three things?
    4. How can you support your staff to help them combat these three things?
- » Please read Chapter 9 – “East” Choosing Our Focus (pages 172-183)
  - » Think of a challenging work situation.
  - » Write 3 things that make it challenging.
  - » Write 3 things that you appreciate about it.
  - » Look at the list and ask yourself, “Where am I more likely to focus and why?”

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