

With the end to one of the most challenging school years in BC public education's history in sight, we begin to contemplate our own needs and Summer plans. Many administrators have endured more stress and work demands than ever before. Here are three tips for wrapping up the school year, setting your intention for the Summer holiday and embracing your 'Summer Plan.'

Draft It

Be Prepared

For more experienced administrators this might be 'old hat', but for less experienced administrators, this will be an important process. Wrapping up the school year in a way that clears the decks for the Summer holiday and best prepares oneself for the Fall start-up remains critical for many administrators to truly enjoy a break from work. Create a checklist of 'must do' activities and deadline dates to ensure you get to the important tasks you need to have completed to enjoy your Summer more freely.

Dream It

Set Intention

Many of us have begun to daydream from time to time about what our Summer holiday might look like if we got it 'right.' If you haven't done so, take some time one evening or weekend to devote your thoughts and energy to really defining what you need over the Summer break in order to reclaim greater health and wellness. Seek to determine what intention(s) will drive your Summer rejuvenation plan. Develop a priority list and establish clear overarching wellness goals.

Do It

Go With Your Flow

Once you have set your intention(s) and established your Summer wellness goals, set up weekly reminders. This will ensure the Summer doesn't slip away without you making your wellness needs a priority. Obviously, creating space and a mindset for spontaneity is important, given how much of our work year in our schools is governed by structure and timetables. Enjoy the simple pleasures of being, relaxing at your own leisure and engaging socially as you wish.



@humanworksCA

by

Jack MacNeill

*MEd (Coun.Psych.), RCC, CVRP, RRP
President, humanworks*