



We listened carefully.

Have we heard you correctly?

Practical self-care suggestions:

- The notion of a clinical supervisor for all Principals should be a priority area for the work of the Association and CSNSW.
- Don't put up with stress. Visit your doctor or naturopath to discuss coping strategies.
- Take ownership of your health.
- Take care of your spiritual and physical health and your wellbeing will be taken care of.
- Exercise.
- Time with family.
- Connecting and debriefing with trusted colleagues. Find a critical friend.
- A mentor principal/'principal coach'.
- Make time for yourself – selfcare.
- Strive to keep a work/life balance.
- Rest, renew and recharge!
- Block out times in your diary to exercise or to take time out.
- Consider professional counselling.
- Providing coaches who are not members of the diocesan office for principals so they can openly discuss issues and stressors.
- A funded objective professional with whom principals can check in throughout the year.
- Health checks. Laugh! Mindfulness.

Suggestions for future:

- Time management delegation, identifying skills in staff.
- Secrets to success.
- Dealing with difficult staff.
- Coping during a pandemic.
- Practical strategies for the self-care of principals. What works – listening to practitioners from the field.
- Navigating tricky HR issues including under-performing staff.
- Easing principal workload (the principal as business manager instead of lead educator).
- Time management – tips and tricks.
- What is working across other diocese and schools? And the evidence for it.
- Mentor principal – How could we develop this role?
- What are the contemporary and future demands of principalship?
- How to best work with your Parish Priest.
- Establishing the concept of 'critical friend.
- Ensure time is built into staffing for the release of teachers to collaborate so that the principals in smaller schools can be involved in the collaboration and not be the person providing the release.
- Speakers from the business/corporate sector.