Record Nr. UNINA9910797474603321 Autore Metzger Christa Titolo Balancing leadership & personal growth: the school administrator's guide / / Christa Metzger; foreword by Paul D. Houston; indexer, Rich Hurd; graphic designer, Scott Van Atta Thousand Oaks, California:,: Corwin Press,, 2006 Pubbl/distr/stampa ©2006 **ISBN** 1-4522-8084-3 1-4129-2700-5 1-4522-9289-2 Descrizione fisica 1 online resource (169 p.) Disciplina 371.2011 Soggetti Educational leadership - United States School administrators - Training of - United States Self-actualization (Psychology) Lingua di pubblicazione Inglese **Formato** Materiale a stampa Livello bibliografico Monografia Note generali Description based upon print version of record. Nota di bibliografia Includes bibliographical references and index. Nota di contenuto Cover: Contents: List of Tables and Figures: Foreword: Preface: Why Leaders Must Take Care of Themselves; About the Author; Chapter 1 -Taking Care of Yourself as Well as You Do Others; Chapter 2 - Defining Personal Growth; Chapter 3 - Finding Time for Yourself While Working on Behalf of Others; Chapter 4 - Strategies for Personal Growth: Becoming a More Balanced Person; Chapter 5 - Physical Activities: Taking Careof Your Body; Chapter 6 - Reflective Reading: Nourishing Your Spirit and Soul; Chapter 7 - Music, Art, Writing, and Other Creative Work: Engaging Transformative Powers Chapter 8 - Time for and With Yourself: Silence, Solitude, and MeditationChapter 9 - Dreamwork: Knowing Your Whole Self; Chapter 10 - Spending Time With Those Who Care About You: Another Way to Balance; Chapter 11 - Fulfilling Your Purpose as a Leader and Finding Meaning as a Person; Resource Notes for Chapter 2; Resource Notes for Chapter 3: Resource Notes for Chapter 4: Resource Notes for Chapter 6: Resource Notes for Chapter 8: Resource Notes for Chapter 11:

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