



Improving life and leadership of assistant principals

Five for Friday Show Notes

Teaser: Outside of Monday, the theme running through this week's emails is care. We look at care from a couple of different perspectives that include increasing attention, decreasing attention, and giving some love to the second principle of leverage – working A-B.

Hello colleagues and welcome to The Assistant Principal Podcast, I'm your host Dr. Frederick Buskey.

I've been growing leaders and future leaders for over 30 years. Through my own experiences, and through working with hundreds of other leaders, I've learned that school leadership is a journey that occurs in three phases:

Urgent leaders spend their time completing tasks, but...

Intentional leaders invest their time building systems. However...

Strategic leaders create time by growing people.

In 2018 I founded Strategic Leadership Consulting to help make this journey more enjoyable for leaders like you. Through my daily email, monthly micro-journal, online community, my upcoming book, and, of course, this podcast, I keep you company on this journey and provide you with actionable ideas and tools to live and lead better today and tomorrow.

Today's episode of Five for Friday recaps the strategic leadership emails for the week of January 23-27, 2023.

Monday: **Just because I like to do something doesn't mean I should be doing it!**

Tuesday: **Putting people first fulfills both our own and their needs and leads to intrinsic motivation.**

Wednesday: **Providing extra care to people before a big challenge is critical.**

Thursday: **Less is more – decrease the number of change initiatives you are implementing.**

Friday: **Less is more part 2: People can implement change better when the demands are smaller.**

That is this week's Five for Friday rendition of The Assistant Principal Podcast. Before we go, I encourage you to make an intentional choice to take something you've heard today and to reflect more deeply or to act on it.

If you already have a clear idea of what to do, that's wonderful. If not, let me offer three possibilities:

1. Look for ways to lighten people's packs. The job of teaching is overwhelming, so simplifying the demands of external initiatives can be a huge gift. Teachers will appreciate it more than jeans day!
2. Forward the show link to a colleague and say "you have got to listen to this, I want us to talk about it"
3. Identify the one big takeaway or question from this episode and share it with me. You can share a written, audio, or video message with me by emailing me at frederick@frederickbuskey.com

Thank you for including me on your leadership journey. Remember that you can walk more with me by subscribing to my daily leadership email and Quadrant2, my monthly micro-journal. And if that isn't enough, we can walk further together in APEx, my virtual paid community for assistant principals. APEx helps you network with other APs and participate group coaching with me! You can learn more about APEx and my other offerings at my website, frederickbuskey.com.

I look forward to seeing you again next Tuesday for Episode 95 with Dr. Ryan Donlan. This will be a wonderful episode as Ryan and I discuss specific strategies of how APs can influence others. This podcast will kick off our February focus on mentoring and influencing others. It also gets us ever-closer to episode 100, an interview with my career-long mentor who shares incredible wisdom and kindness.

I'm Frederick Buskey and thank you again for joining me on this episode of the Assistant Principal Podcast. Remember to subscribe so you don't miss a single episode. Cheers!