

Five for Friday Show Notes

Teaser: This week is about the little things:

- Making a small change to make something important easier to do
- Focusing on people, not tasks
- Avoiding distractions
- Finding a simple message that brings clarity to your work
- Plugging into community

None of this week's messages were earth shattering or focused on big changes, but that is the whole point. It is the small changes that matter. Making one or two small changes today lets us invest an extra minute or two in supporting someone who needs it – and that is where the big change happens.

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 February 6-10, 2023.

Monday:

Tuesday



Improving life and leadership of assistant principals

Wednesday

Thursday

Friday

Takeaway

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. Hopefully at least one of this week's topics resonated with you. Try embracing it:
 - a. Decrease a small spot of friction
 - b. Focus on people, not tasks
 - c. Avoid a distraction – just once this next week
 - d. Finding a simple message that brings clarity to your work
 - e. Find a community (join me if you are an AP)
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 when we dive into what it means to be a mentor.

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!



Improving life and leadership of assistant principals

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