



*Improving life and leadership of assistant principals*

**Show Notes, Episode 127: Pause, breathe, flourish with William D Parker May 23, 2023**

**About this show:**

I know... you don't have time to pause, you barely have time to breathe, and you are saving flourishing for summer. You are too busy with all the tasks, and taking care of everyone else. Except for being in this moment, and, right now, this is the only moment that matters because it is the only moment you have. And I am so glad you are here, and today's very special guest is going to help both you and I make the time to pause, to breathe, and to flourish.

**Notable Quotes**

**Will:**

What I've discovered is leaders consistently place the oxygen mask on everyone else on the plane, and then pass out. Instead of placing it on themselves first and then placing it on everyone else.

When I think about the word 'pause', the first thing I think about is mindset. And what I mean by that is giving yourself permission to be present in the moment, to recognize what's really happening in that moment, and not allow all the things that are swirling around in your head or even the urgent things that need to be taken care of around you. To not allow those things to steal from you the beauty or the amazing situations of what's happening around you.

Uninspired people can't inspire people.

What a privilege we get to be in the presence of these crazy, messy, loud, laughing children and young adults every day.

Give yourself permission to love your kids, because that is why we do this work.

The further we get from kids, the easier it is to get disconnected.

You are not as important as you think you are, but you are more important than you think you are.

**Frederick:**

Turn off the monkey brain so we can really focus.



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Recognize what a powerful opportunity we have to impact our kids.

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**Books and resources:**

[Principal Matters: The Motivation, Action, Courage and Teamwork Needed for School leaders](#)

[Messaging Matters: How School Leaders can Inspire Teachers, Motivate Students, and Reach Communities](#)

[Pause Breath Flourish: Living Your Best Life as an Educator](#)

[Principal Matters Podcast: The School Leader's Podcast](#)

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