

Principal Name: Tracy Seibert

School Name: Robert A. Taft Middle School

Principal's Email Contact: tseibert@cps.k12.in.us

Background Leading to My Inquiry (Slide 2-3)

- Based on my PCM, my base and phase are harmonizer.
- My character strengths: compassionate, sensitive, and warm.
- My motivators are recognition of person and sensory.
- I enjoy connecting with people, showing support, and building relationships through caring interactions.
- I am a leader who builds relationships. My gift is empathy and encouragement, so people feel connected and valued.

The Purpose of My Inquiry (Slide 4)

- Therefore, the purpose of my action inquiry was to meet psychological needs in order to feel more productive/energized on maxed out days.

My Wondering (Slide 5)

- With this purpose, I wondered if intentionally creating positive interactions on maxed out days would make me feel less exhausted / more energized at the end of the day?

My Actions (Slide 6)

- I started by looking at my weekly calendar on Sunday and identifying days that were full of meetings. I then added an appointment to my calendar to get re-energized on those days.
- After a couple of weeks, I was able to notice when my energy levels were starting to fade, and I was able to find time to re-energize without having to pre-schedule it.
- This allowed me to maximize my energy at times I needed it the most.

Data Collection (Slide 7-9)

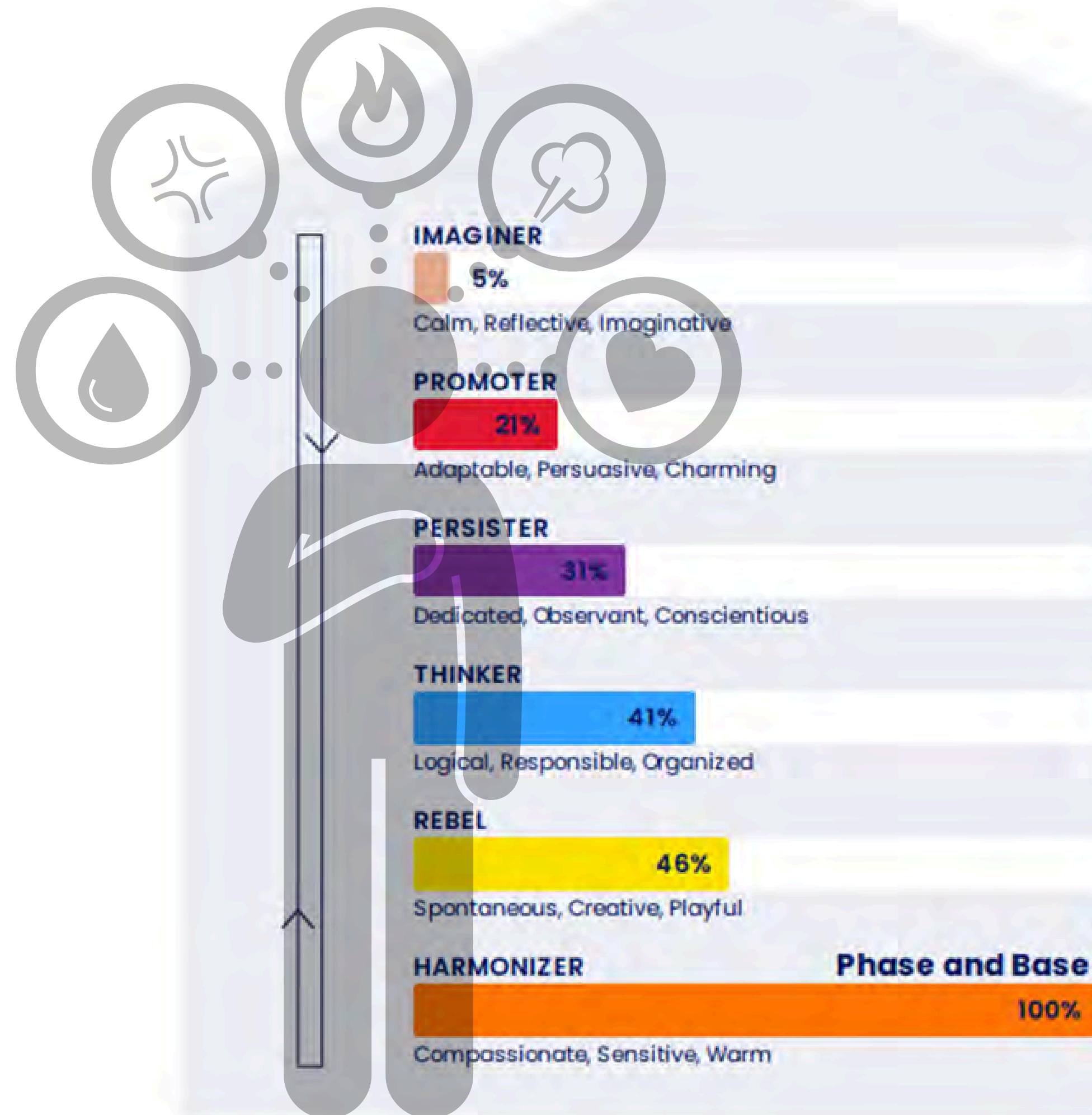
- I started by noting whether my days for fully scheduled or fairly open.
- I then tracked the days I was able to recognize my energy fading.
- I also tracked which days I was able to be re-energized through positive interactions.
- Finally, I tracked whether I was energized or unenergized at the end of day.



Energy Enhancers

Robert A. Taft Middle School
Tracy Seibert
tseibert@cps.k12.in.us

My Personality Structure



My Personality Structure

Base Character
Strengths:
Compassionate,
Sensitive, Warm

Phase Motivators:
Recognition of Person
and Sensory

HARMONIZER

(Base & Phase)


- I enjoy connecting with people, showing support, and building relationships through caring interactions.
- I am a leader who builds relationships. My gift is empathy and encouragement so people feel connected and valued.

Purpose of This Inquiry

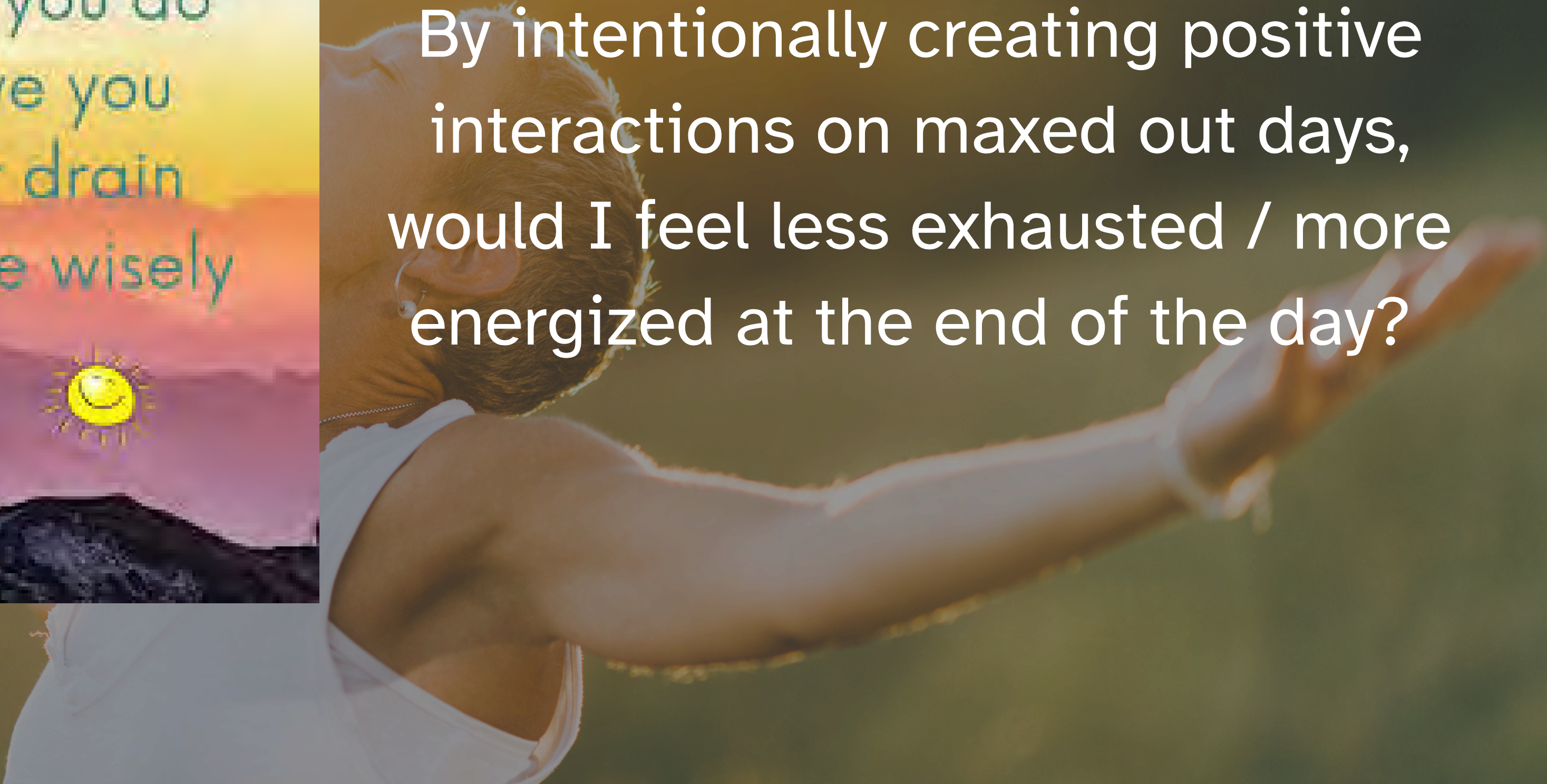
To meet psychological needs in order to feel more productive/energized on maxed out days



My Wondering

A vibrant sunset scene with a sky transitioning from blue to orange and pink. In the foreground, there are dark, silhouetted mountains. A bright yellow sun with a smiling face is positioned in the center of the frame, casting a glow over the landscape. The text "The things you do either give you energy or drain you. Choose wisely" is overlaid on the sky in a green, slightly pixelated font.

The things you do
either give you
energy or drain
you. Choose wisely

A person with short brown hair, wearing a white shirt, is shown from the chest up. Their arms are raised in the air, and they appear to be looking upwards. The background is a soft, out-of-focus sunset sky with warm orange and yellow tones.

By intentionally creating positive
interactions on maxed out days,
would I feel less exhausted / more
energized at the end of the day?

My Actions



Look at
Weekly
Schedule
on Sunday
to identify
busy days

Recognize
when my
energy
level is
fading










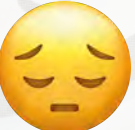

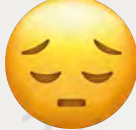












Identify
positive
interactions
that re-
energize
me

Maximize
energy at
times it is
needed the
most

2023

DECEMBER

KEY

MON	TUE	WED	THU	FRI
4   	5  	6   	7  	8  
11  	12  	13   	14  	15   



Energized



Unenergized



Positive Interaction



Fully Scheduled Day




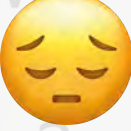


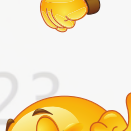

Open Day

2024


JANUARY

MON	TUE	WED	THU	FRI
8 	9 	10 	11  	12  
15 NO SCHOOL	16 	17  	18 	19  
22  	23  	24 IPLI CONFERENCE 	25 	26  
29  	30  	31 ELEARNING DAY 	1  	2  

KEY

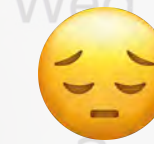
-  Energized
-  Unenergized
-  Positive Interaction
-  Fully Scheduled Day
-  Open Day
-  Recognize Low Energy

KEY

MON	TUE	WED	THU	FRI
5  	6  	7 	8  	9  
12  	13 	14  	15 	16  
19 NO SCHOOL	20  	21  	22  	23  
26  	27  	28  	29  	1  



Energized



Unenergized



Positive Interaction



Fully Scheduled Day



Open Day



Recognize Low Energy

My Data

Total - 48 days

Recognized energy fading - 34 days

Positive Interactions - 31 days

Energized at the end of the day - 29 days

My Discoveries

- On days filled with meetings, conferences, and/or busy work in my office, I left at the end of the day feeling exhausted and unproductive.
- Through this project, I was able to recognize times throughout the day when my energy started to fade. I also discovered what specific positive interactions re-energized me during those times.
- By being able to re-energize myself in times of need, I was able to be more productive throughout the day and leave at the end of the day feeling energized and productive.
- Leaving feeling energized helped me to be more energized and productive at home.

Next Steps

- Continue to monitor my energy levels throughout the day
- Find additional ways to increase my energy whether I am at school or somewhere else
- Increase my positive interactions throughout the day



Bibliography

- Kahler Communications, Inc. (2023). PCM Personalized Profile Report
- Dana, Nancy Fichtman. Leading with Passion and Knowledge. Corwin Press, 2009.



My Data (Slides 10)

- Total – 48 days
- Recognized energy fading – 34 days
- Positive interactions – 31 days
- Energized at the end of the day – 29 days

My Discoveries (Slide 11)

- On days filled with meetings, conferences, and/or busy work in my office, I left at the end of the day feeling exhausted and unproductive.
- Through this project, I was able to recognize times throughout the day when my energy started to fade. I also discovered what specific positive interactions re-energized me during those times.
- By being able to re-energize myself in times of need, I was able to be more productive throughout the day and leave at the end of the day feeling energized and productive.
- Leaving feeling energized helped me to be more energized and productive at home.

Where I Am Heading Next (Slide 12)

- Continue to monitor my energy levels throughout the day
- Find additional ways to increase my energy whether I am at school or somewhere else
- Increase my positive interactions throughout the day

Bibliography (Slide 13)

- Kahler Communications, Inc. (2023). PCM Personalized Profile Report