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Background Leading to My Inquiry (Slide 2)

Prior to, and at the start of the 2023 school year, I was struggling. I had experienced a couple of really difficult years, both personally and professionally. I had completed my third year as an administrator and had begun to question if this was the right work for me.

The day I first read my PCM, I was defeated. I thought it was telling me that all that I had feared was correct. I wasn't meant to be a leader.

After having the opportunity to really understand what my Leadership Profile was actually telling me and how I could lean into my personality to be a more effective leader, my purpose for research and wondering was born.

The Purpose of My Inquiry (Slide 4)

Therefore, the purpose of my action inquiry was to create intentional connections with a variety of subgroups in order to satisfy my psychological needs and combat the feeling of loneliness and meet my phase and base needs in order to increase my own personal satisfaction and contentment, which will in turn increase my leadership capacity.

My Wondering (Slide 5)

With this purpose, I wondered if intentionally connecting with parents, staff members, and former friends at least one time a week will positively energize my leadership.

My Actions (Slide 6)

I began with the following actions:

- At least once per week, I made a positive phone call home to a parent. This was to report something great their child had done at school.
- At least once per week, I made a connection with a previous friend. This was through a simple text message just saying, "I'm thinking of you."

Through interactions with my project, and suggestions from others, the following actions also became part of my routine:

- I started connecting with my staff in an informal manner.
- I invited my staff to nominate students for positive phone calls or notes home.
- I began tracking my moods each day in an app to create a graph.

Data Collection (Slide 7)

I tracked my mood each day through an app that created a graph as a visual. I tracked when I made intentional connections with others.

My Data (Slides 8-9)



| | |
|-------------|--------------------------------|
| 01/10/24 | Parent Contact |
| 01/12/24 | Text Message |
| 01/18/24 | Text Message |
| 01/19/24 | Parent Contact |
| 01/23/24 | Text Message |
| 01/26/24 | Parent Contact |
| 01/28-01/31 | Group Work Trip to San Antonio |
| 02/07/24 | Lunch with Teachers |
| 02/09/24 | Parent Contact |
| 02/13/24 | Lunch with Teachers |
| 02/15/24 | Parent Contact |
| 02/19/24 | Lunch with Teachers |
| 02/21/24 | Parent Contact |
| 02/26/24 | Text Message |
| 02/29/24 | Parent Contact |
| 03/07/24 | Lunch with Teachers |
| 03/14/24 | Parent Contact |
| 03/15/24 | Lunch with Teachers |

My Discoveries (Slide 10)

- Learning Statement One: It is easy to see how my 'mood' coincides with my intentional connections with others.
- Learning Statement Two: Upon connecting with my teachers, I didn't feel the need to connect with others outside of my school through text messages as often.
- Learning Statement Three: I noticed a difference in my overall happiness; with my work as well as with my marriage and family.

As days came about that carried a lot of stress with them, I found that I could lift my mood and relieve some stress by employing one of these positive connection strategies. This helped my body not to hang on to the stress of the day. These positive connections carried over into all aspects of my life.

Where I Am Heading Next (Slide 11-12)

It is important for me to continue to make these intentional connections. Throughout this project, I began a couple of habits that I will continue throughout the years. The positive referrals from teachers are something I look forward to. I use some of them to make phone calls home. Others, I write on postcards and mail them directly to students. Lunch with my teachers is one of the highlights of my week. It allows us to have casual, fun conversations that I need to feel connected to them in a different way.

What began as a year where I wasn't sure that I would remain in education, is ending as a year where I am excited about where things are going from here. Through this journey, I have learned that I have a substantial amount of control over how connected I feel and how to maintain that in a way that is effective.

I also will continue to closely monitor my feelings and moods. Now I have concrete ways to improve these and make myself more effective in all of my capacities.

Bibliography (Slide 13)

Reiger, N. (2020). Seeing people through: Unleash your leadership potential with the process communication model. Oakland, CA: Berrett-Koehler Publishers, Inc.



Finding Joy Through Intentional Connection

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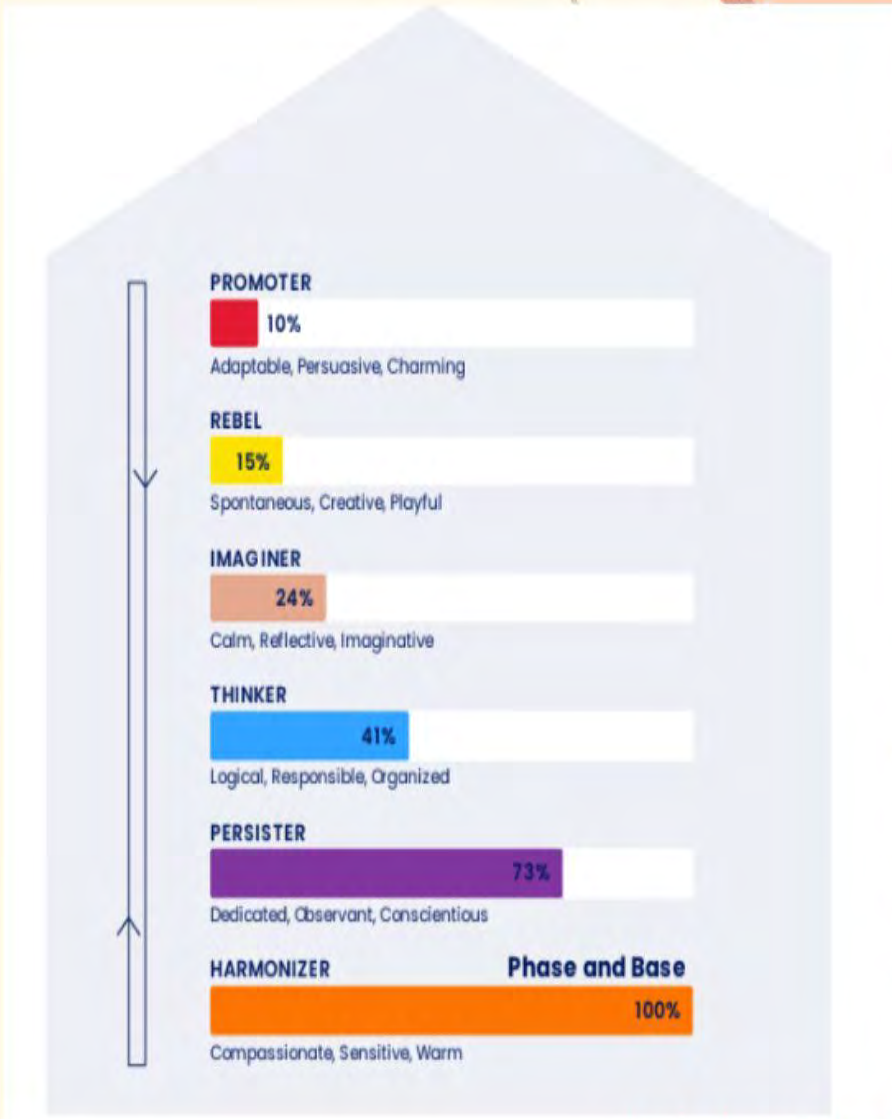
Background

Prior to, and at the start of the 2023 school year, I was struggling. I had experienced a couple of really difficult years, both personally and professionally. I had completed my third year as an administrator and had begun to question if this was the right work for me.

The day I first read my PCM, I was defeated. I thought it was telling me that all that I had feared was correct. I wasn't meant to be a leader.

After having the opportunity to really understand what my Leadership Profile was actually telling me and how I could lean into my personality to be a more effective leader, my purpose for research and wondering was born.

My Personality Structure

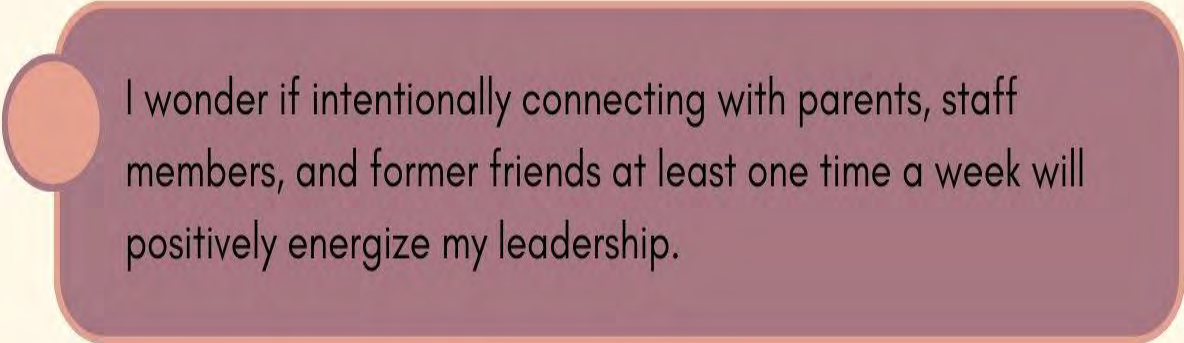


The purpose of my action inquiry was to:

Create intentional connections with a variety of subgroups in order to satisfy my psychological needs and combat the feeling of loneliness.

To meet my phase and base needs in order to increase my own personal satisfaction and contentment, which will in turn increase my leadership capacity.

My Wondering



I wonder if intentionally connecting with parents, staff members, and former friends at least one time a week will positively energize my leadership.

My Actions

At least once per week, I made a positive phone call home to a parent.

I started intentionally connecting with my staff in a casual manner.

At least once per week, I made a connection with a previous friend.


I invited my staff to nominate students for positive phone calls home.

I tracked my mood each day and documented completed actions.


Data Collection



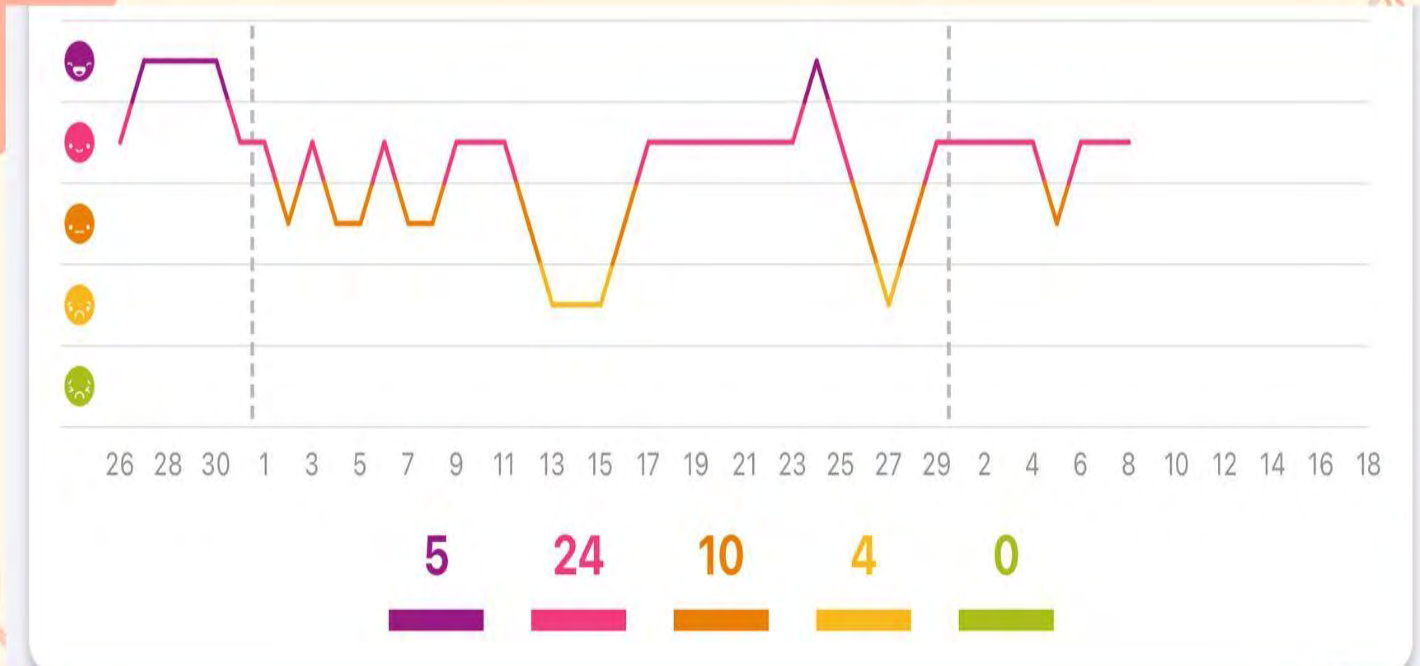
I tracked my mood each day through an app that created a graph as a visual.



I tracked when I made intentional connections with other people in my life.



My Data



My Data

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My Discoveries

Throughout my data collection, it is easy to see how my 'mood' coincides with my intentional connections with others.

Upon sharing my journey with a teacher in my building, she suggested that I spend time eating lunch with groups in the teachers' lounge to connect with my staff in an informal way. I began blocking out time to spend lunch in the lounge. I found that by doing that, I was able to connect with my teachers and didn't feel the need to connect with others through text message as often.

As days came about that carried a lot of stress with them, I found that I could lift my mood and relieve some stress by employing one of these positive connection strategies. This helped my body not to hang on to the stress of the day.

I noticed a difference in my overall happiness; with my work as well as with my marriage and family. These positive connections carried over into all aspects of my life.


Next Steps




It is important for me to continue to make these intentional connections. Throughout this project, I began a couple of habits that I will continue throughout the years. The positive referrals from teachers are something I look forward to. I use some of them to make phone calls home. Others, I write on post cards and mail them directly to students. Lunch with my teachers is one of the highlights of my week. It allows us to have casual, fun conversations that I needed to feel connected to them in a different way.



Next Steps



What began as a year where I wasn't sure that I would remain in education, is ending as a year where I am excited about where things are going from here. Through this journey, I have learned that I have a substantial amount of control over how connected I feel and how to maintain that in a way that is effective. I also will continue to closely monitor my feelings and moods. Now I have concrete ways to improve these and make myself more effective in all of my capacities.



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**THANK
YOU!**