# Navigating the Waters of Being A Principal

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#### **Background That Led to Your Inquiry:**

I liken my previous experiences during my principalship like a ship out at sea. While setting the course, you encounter storms. One of the major storms I encountered on this journey was the process of balancing work and family. This struggle was the focus of my action research project.

When I looked back at my Outlook Calendar, I had many appointments and supervisions that took up my time, however, I did not intentionally plan time with my family. Needless to say, there were some nights where I would not see my wife or my one year old daughter.

#### **Statement of Your Wondering:**

I wonder how my educational leadership could be influenced by intentionally planning for time with my family.

## Methods/Procedures:

The process included leaving work by 5pm (and leave work at work).

Making sure I spent at least one full day out of the weekend with the family

Take pictures of family time for reminder purposes. And keep a journal throughout the process.

### **Stating Your Learning and Supporting it with Data:**

The following is the feedback I received while intentionally spending time with my family and being aware of the balance between work and home life.

I loved seeing the smile on my wife's face while we were in Galena.

My daughter has started running up to me when I get home to give me a great big hug. Usually, I'm walking in when she is getting ready to go to bed.

Some of my teachers have noticed that I'm in a better mood, despite me going through this investigation with the IHSAA. My English department head asked how do you do it, and I responded "I leave work at work and it's been working for me."

## **Providing Concluding Thoughts:**

Being more intentional with planning family time has helped me to be closer to my family. My co-workers have noticed a change in my disposition since I've began to intentionally plan family time.

Although I've had some success, it is still difficult to maintain.

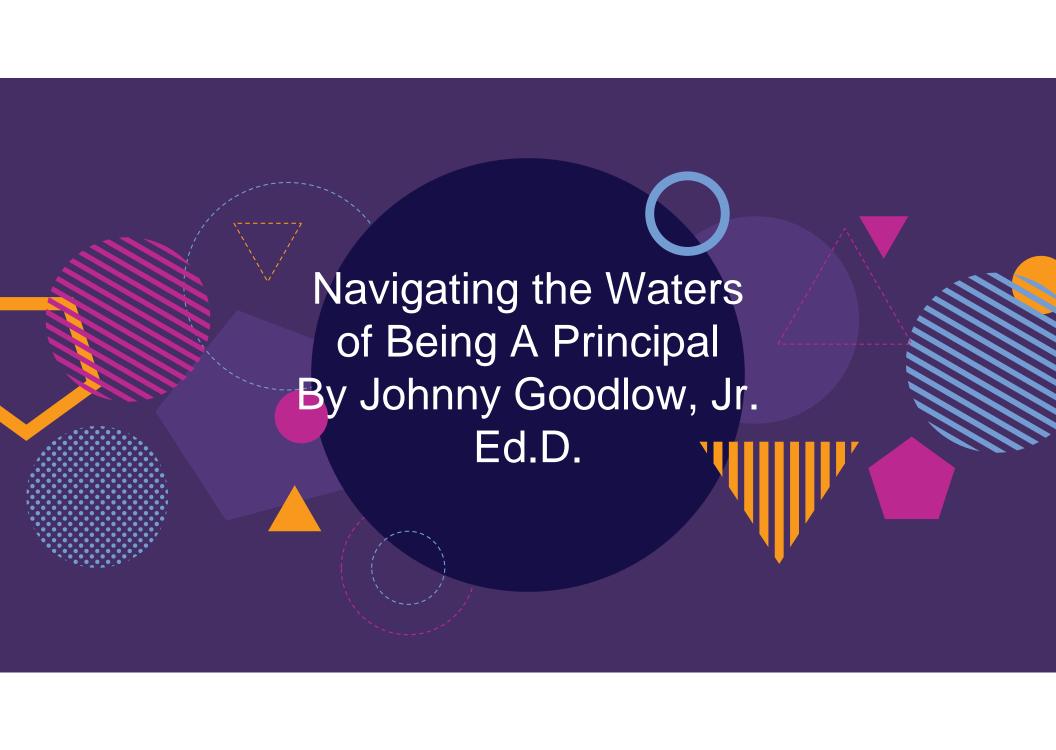
I will keep up with the intentional planning of time with the family

I found the journal very helpful not only to express my thoughts during this project, but to vent about things outside this project

I do want to plan more "away trips" with the family a few months after my son is born in mid-April.

## **References:**

N/A



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# A Look At My Outlook Calendar

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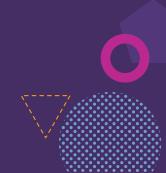
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I wonder how my educational leadership could be influenced by intentionally planning for time with my family.





# **The Process**

- Leave work by 5pm (and leave work at work).
- At least one full day out of the weekend will be spent with the family
- Take pictures of family time
- Keep a journal throughout the process.



# Some Of The Feedback From My Journal Entries

I loved seeing the smile on my wife's face while we were in Galena.

My daughter has started running up to me when I get home to give me a great big hug. Usually, I'm walking in when she is getting ready to go to bed.

Some of my teachers have noticed that I'm in a better mood, despite me going through this investigation with the IHSAA. My English department head asked how do you do it, and I responded "I leave work at work and it's been working for me."

# Things Discovered From My Action Research

- Being more intentional with planning family time has helped me to be closer to my family.
- My co-workers have noticed a change in my disposition since I've began to intentionally plan family time.
- Although I've had some success, it is still difficult to maintain.

# Next Steps

- I will keep up with the intentional planning of time with the family
- I found the journal very helpful not only to express my thoughts during this project, but to vent about things outside this project
- I do want to plan more "away trips" with the family a few months after my son is born (April 17, 2017).