

HOW DOES FILLING MY BUCKET  
BUILD CAPACITY WITHIN MYSELF SO I CAN  
BETTER LEAD MY SCHOOL?



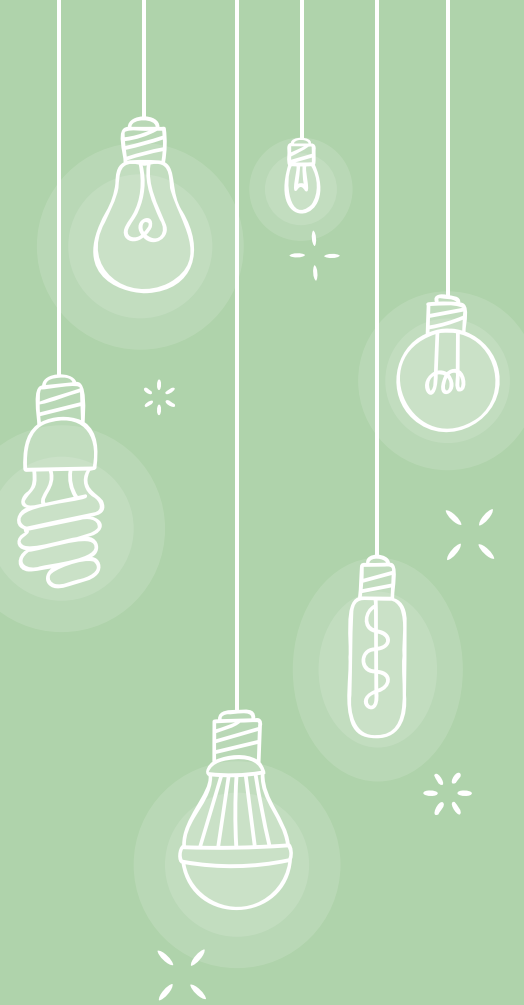
HELLO!  
AMY TROYER

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National Blue Ribbon School 2021

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Action Research Project

Cohort 10



# Process Communication Model (PCM)



## REBEL

13%

Spontaneous, Creative, Playful

## PROMOTER

24%

Adaptable, Persuasive, Charming

## IMAGINER

30%

Calm, Reflective, Imaginative

## PERSISTER

37%

Dedicated, Observant, Conscientious

## THINKER

47%

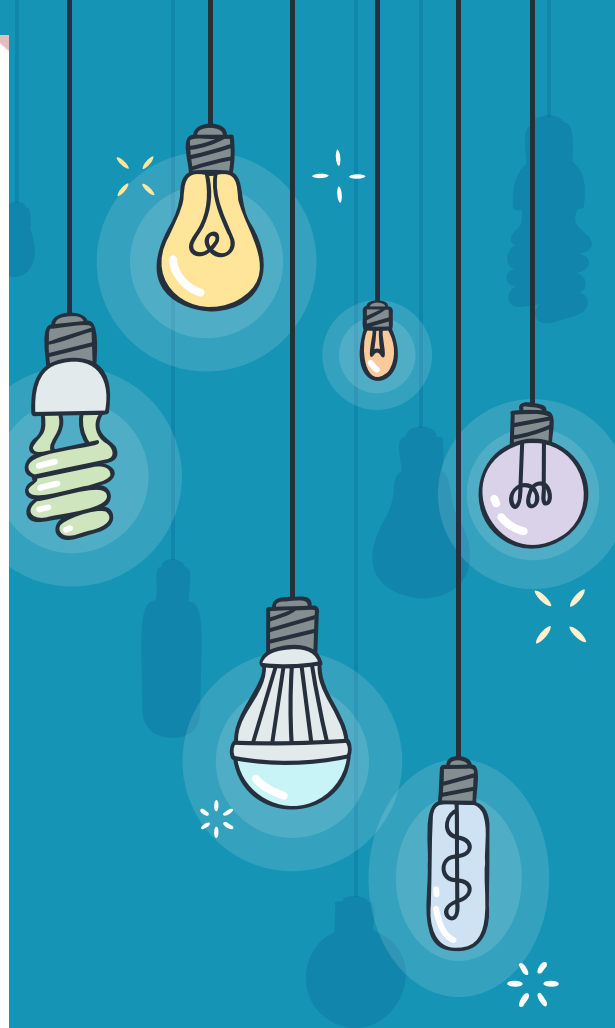
Logical, Responsible, Organized

## HARMONIZER

100%

Phase

Base



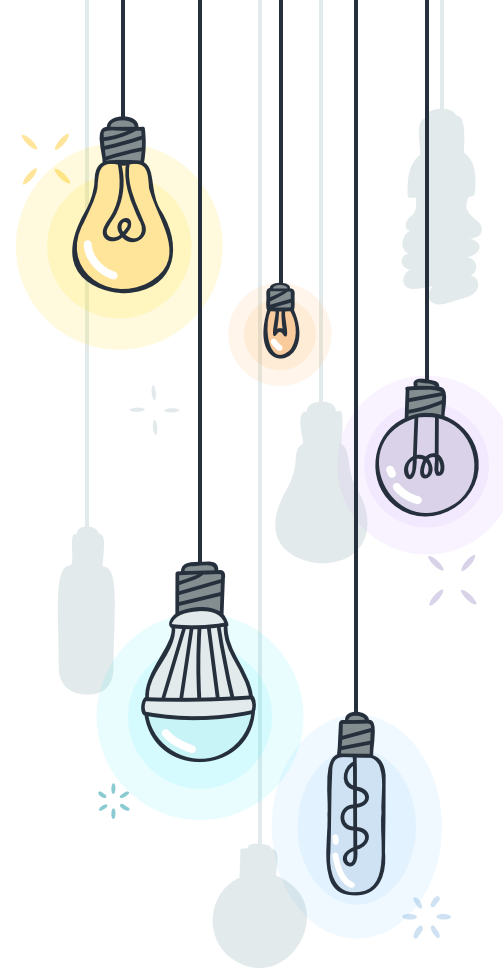
# My Preferred Leadership Communication Currency is Compassion

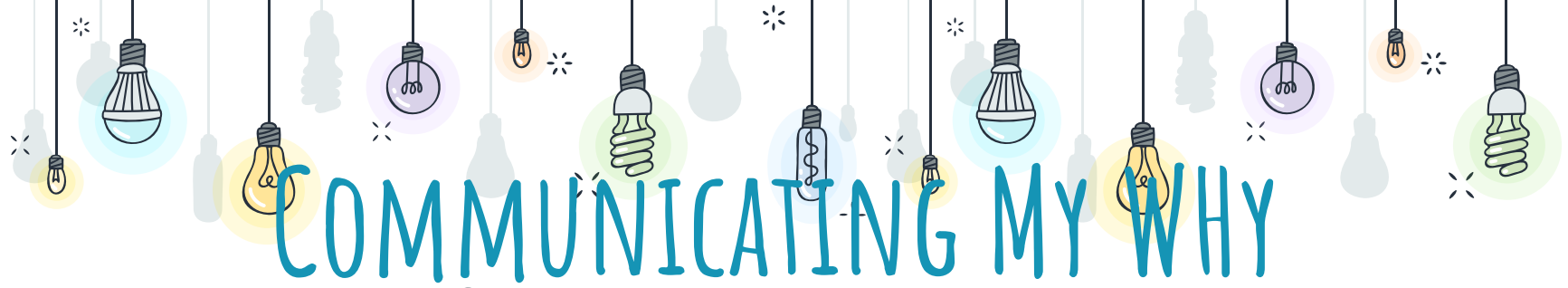
## Base Motivator-Harmonizer

Compassionate, Sensitive, Warm.  
I am a leader who builds  
relationships. My gift is empathy  
and encouragement so people feel  
connected and valued.

## Phase Motivator-Thinker

I thrive on achievement. I  
need to be productive and  
efficient. Planning and  
accomplishing tasks are  
intrinsically rewarding.





# COMMUNICATING MY WHY

I began as principal of Swanson Traditional School in 2018.

I was the first principal to begin at STS. The staff, students, and I were all new to the building.

I began my mission to rebrand the school and become a role model school for all other elementary schools.

In 2021 STS had the highest proficiency for IREAD and ILEARN in the district, among the top in the area, and received a National Blue Ribbon Award.



# COMMUNICATING MY WHY

## Family Obligations

Two high school sons  
2 and 3 sport athletes  
Husband  
House  
Cooper  
Extended family

## School Obligations

Planning, observations,  
assemblies, PL, cohorts, emails,  
building culture and climate,  
grants, tutoring programs,  
newsletters, teacher morale,  
meetings, PTO, difficult parents,  
supporting teachers, student  
needs, walk throughs, improving  
instruction, feedback, phone  
calls, schedules, lunch/recess duty



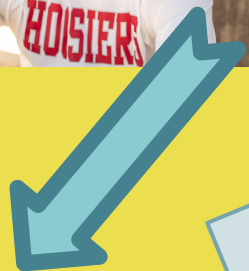
“

What's your favorite hobby?

”

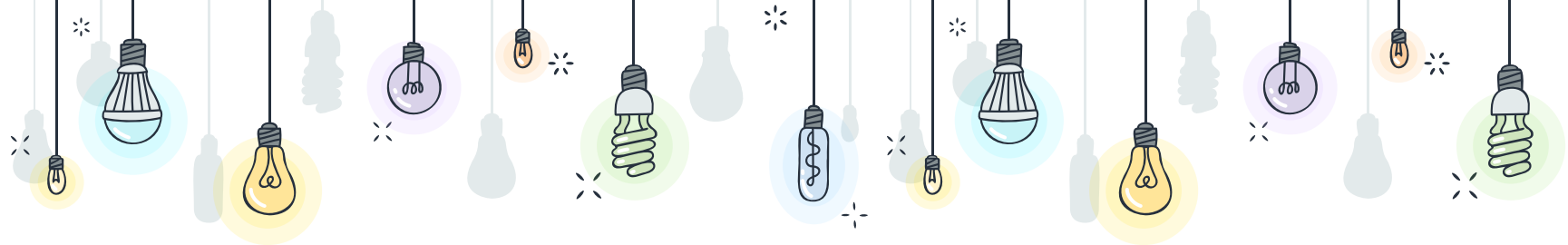


“You should get another hobby!”



“My job is my hobby. It's my jobby!”





## COMMUNICATING MY WHY

I surrendered myself to the pressures and pushes, becoming consumed by events and other people's priorities. I realized I suppressed my needs and feelings. Slowly I lost sight of what I needed and neglected my inner life so much that it faded and withered away robbing me of meaning and joy.







# MY WONDERING

I began to ponder the reality that I was losing myself by not taking care of myself. I lost interest in things I used to enjoy. I no longer took time to be alone and do things I liked doing. I began negative self talk, and honestly didn't know what my preferences or needs even were anymore.

As a leader, my job is to give and serve. However, leading from a place exhaustion, and not doing anything for myself, became dangerous for me and the team I lead.

My reflection led me to the realization that I was exhausted and my bucket was empty.



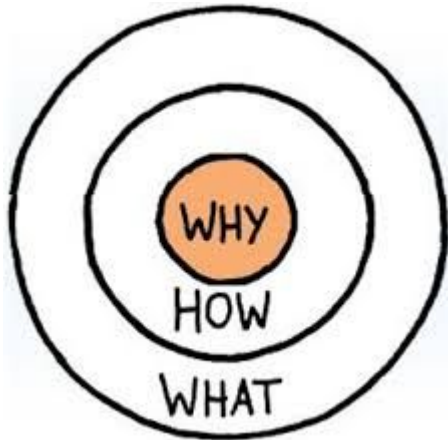
# MY WONDERING

HOW DOES FILLING MY BUCKET  
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# MY ACTIONS

→ Make sure I fill my bucket with one or more of the four daily habits.

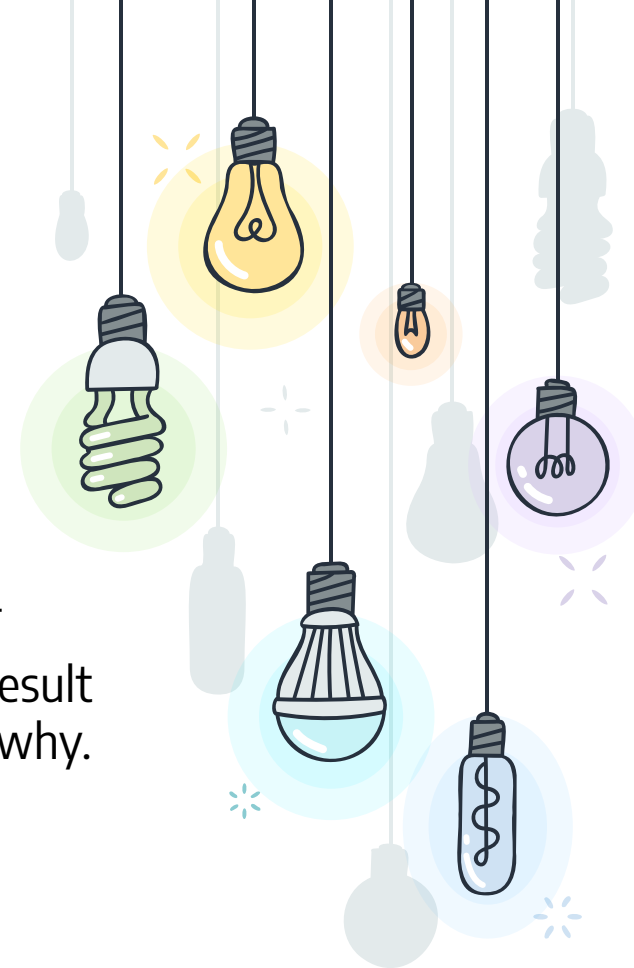
- ◆ Exercise
- ◆ Alone Time
- ◆ Connections
- ◆ Hobbies



**WHY**  
Your Purpose.  
Your motivation.  
What do you believe?

HOW  
Your Process.  
The specific actions taken.

WHAT  
Your Result of the why.



# DATA COLLECTION



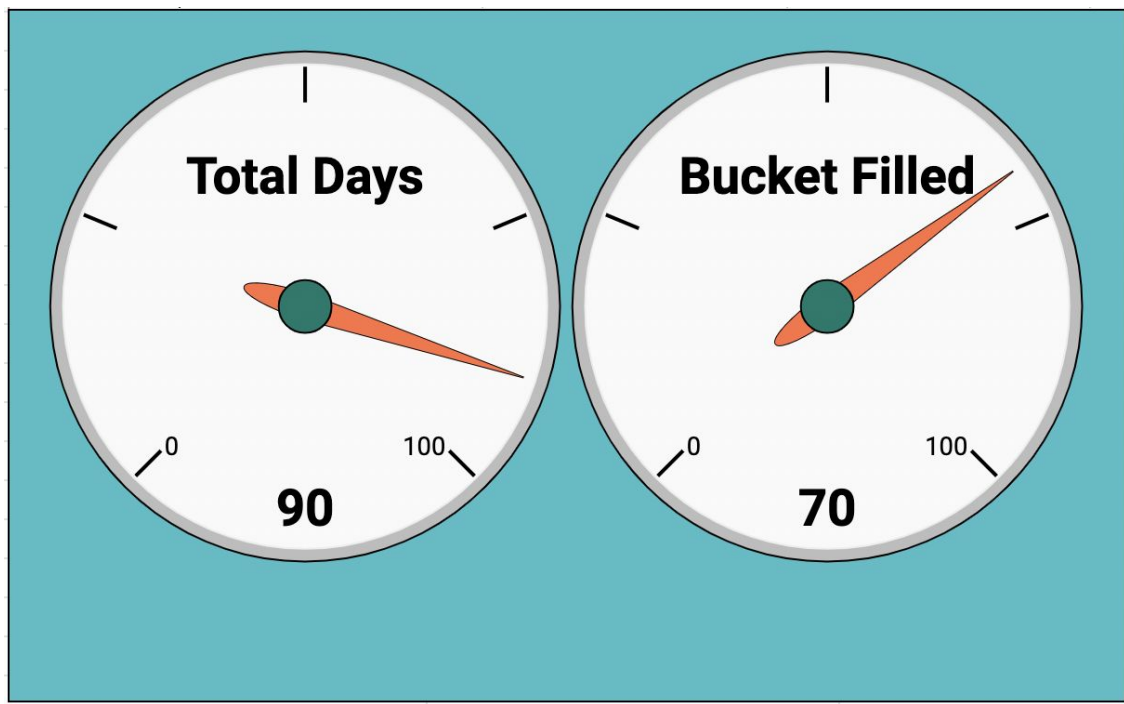
# \* TRACKING BUCKET FILLING TASKS

	Week 1							Week 2							Week 3							Week 4						
EXERCISE	█	█		█		◆	█	█			◆	█	█	█		◆				█	█	█	█		█			
ALONE TIME			█	█	◆		█	█			◆		█			◆						█			█			
CONNECTI ONS			█									█		█	█			█	█					█	█			
HOBBIES		█				█				◆			█		█					█			█		█			

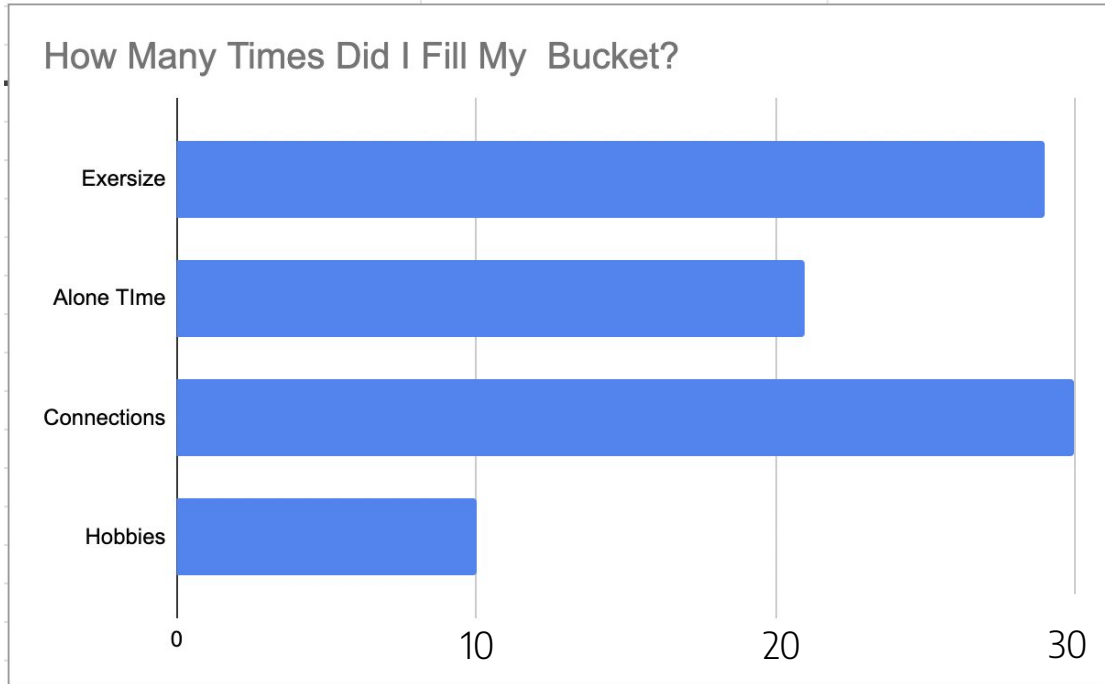




# ACTION RESEARCH DATA



# ACTION RESEARCH DATA



# My Discoveries

“I don’t have time for that.”  
was something I said a lot.

- Time and how I use it is up to me
- I can learn how to make better use of my time
- If it is important to me, I will do it
- At first the bucket task was annoying, but soon I looked forward to it
- I began to say yes to more spontaneous, creative, and playful activities which grows my least developed strength - rebel
- By filling my bucket, I became more energetic, positive, and excited for life
- By filling my bucket, I had more to give.





# WHERE I AM HEADING NEXT

Share AR project  
with TLT and staff

1

Make exercise part  
of my daily  
routine

3

Find a hobby

5

Provide  
opportunities for  
staff to fill their own  
bucket

2

Create more goals  
and complete two  
bucket tasks each  
day

4

Continue to read  
mental health books

6



# BIBLIOGRAPHY

Gordon, J. (2007). *The energy bus*. John Wiley & Sons.

Minspo-Meditation, Self Love (2019) Brene Brown on top 10 rules for self love (video). YouTube.  
[https://www.youtube.com/watch?v=s5d2yQK5P\\_E](https://www.youtube.com/watch?v=s5d2yQK5P_E)

# THANKS!

Any questions?

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