

# LEADERSHIP THAT ENABLES WORKBOOK





## THE 5 LOOK FORS OF A SELF-REG HAVEN

FROM THE SELF-REG SCHOOLS: A HANDBOOK FOR EDUCATORS

### SAFE

You feel safe in the space and all the signs that others feel the same way are there too. When something happens, the responsive supports are there—for children and adults alike. You regularly see smiles and hear laughter. You will experience signs of caring and kindness. While you will hear about bad days and mistakes and hard lessons learned, there are no wrong turns for anyone. Look within the interactions between people to find the signs of a Haven that is oriented to creating and cueing safety.

### ROOTED

You feel a sense of the place, it could not be re-created in another location. People are connected to the land beneath their feet and the environment. They may have reclaimed a space in a creative way. There is a sense of the history, the community, and culture that grounds everyone. You will see signs on the walls of the “family” who live their days together. What makes for meaningful roots will not be decided by others, but by those who spend their days there.

### BALANCED

You feel a healthy energy within and between individuals for learning, education and/or work. Everyone is connected. Care has been taken to identify hidden stressors across all five domains and to dial tension down for everyone. The space has diverse ways to restore energy throughout the day. The language of self-control is diminished. Creative ways are sought to support team member’s balance with opportunities to restore—and a safe space sense where everyone can ask for what they need.

### CAPABLE

You see confidence and competence everywhere. Not perfection or expertise, but a social ecology of people contributing their strengths and skills in healthy and interdependence-promoting ways. No one “owns” all the decisions. Deterministic thinking is recognized as an opportunity for digging deeper. Being capable is always viewed as within reach for everyone. Challenging areas begin with a Self-Reg first mindset—reframing behaviour, stress detecting then dialing down, and restoring energy and balance across all five domains.

### TRUSTED

Everyone is trusted: to be, feel, and act safe; to be part of the rooting of the community; to seek balance; to be a capable person; and to find their way to the supports they need when they need them. When we don’t trust, we limit what is possible. When someone is struggling, they get what they need to support their strengths, their goals, and their journey. Sometimes that may mean a break from the work to focus on restoring balance. Trust encompasses the power of diversity, a strength-based lens, recognition of the human need for connection and contribution, and the journey from regulation to co-regulation to self-regulation and back to co-regulation.



## SAFE

LOOKS LIKE

SOUNDS LIKE

FEELS LIKE

## **ROOTED**

LOOKS LIKE

SOUNDS LIKE

FEELS LIKE

## **BALANCED**

LOOKS LIKE

SOUNDS LIKE

FEELS LIKE

## **CAPABLE**

LOOKS LIKE

SOUNDS LIKE

FEELS LIKE

## TRUSTED

LOOKS LIKE

SOUNDS LIKE

FEELS LIKE



## THE 5 LOOK FORs OF A SELF-REG HAVEN

### SAFE

THE PLAN:

### ROOTED

THE PLAN:

### BALANCED

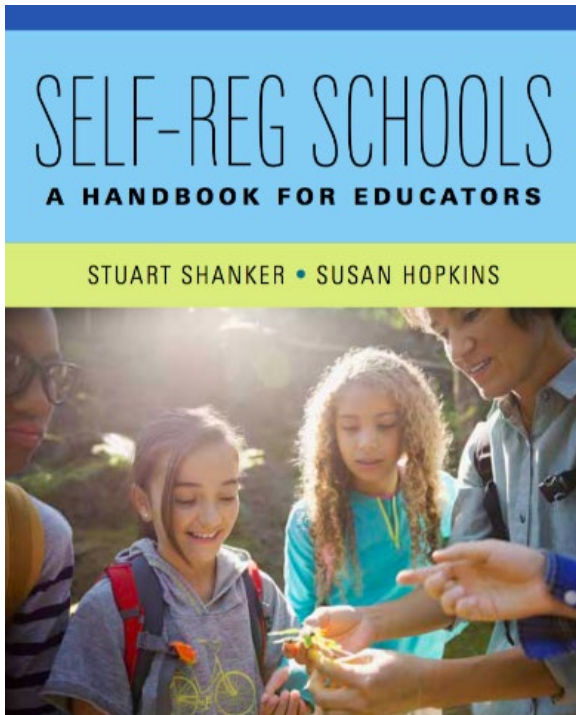
THE PLAN:

### CAPABLE

THE PLAN:

### TRUSTED

THE PLAN:



## SELF-REG SCHOOLS: A HANDBOOK FOR EDUCATORS

By Stuart Shanker & Susan Hopkins | 2019

Educators across Canada and around the world have embraced the science and theory of Shanker Self-Reg.® Now [Self-Reg Schools: A Handbook for Educators](#) answers the all-important question: How?

How do I incorporate the science and theory of Self-Reg into classroom practices and a process of ongoing learning that will help not only my students, but myself as a teacher? For Self-Reg is truly a process rather than a packaged program. *Self-Reg Schools: A Handbook for Educators* provides clear, yet flexible answers on how to start and maintain your Self-Reg journey.

## LEADERSHIP FOR SELF-REG SCHOOLS

A Self-Reg Level 1 Certificate Program - [Register Here](#)

Every educational leader has always had the same goal: a school in which everyone flourishes – not just academically, but socially, psychologically and morally. It's the HOW that has always proved challenging, and now more so than ever. School leaders today are confronted with behavioural, emotional, and cognitive challenges far in excess of what their predecessors had to contend with. It is the HOW that requires, not just inspirational rhetoric and fortitude, but a deep understanding of why these problems are occurring and how they can be met and mastered.

This 12-module program has been developed specifically for school leaders: with the knowledge and guidelines needed for their school to become a centre of deep learning, in all its many facets.

Start this course August 19<sup>th</sup>, 2021, January 27<sup>th</sup>, 2022 or May 12<sup>th</sup>, 2022 - [Register Here](#)

## LEADERSHIP FOR SELF-REG SCHOOLS CERTIFICATE



LEARN MORE AT [SELF-REG.CA](https://self-reg.ca)