

Every day, school administrators face an array of unexpected challenges that require cognitive skills such as strategy, endurance, adaptability, and demeanour. As we restart schools during COVID-19 in the Fall, these skills will be in even greater demand. We know that you are weary, and understandably so, as your Spring and Summer breaks were fleeting and interrupted.

That's why the BCPVPA is launching **ReCharge: Energizing School Leaders**, a new health series for our members, partners and friends. Each month, ReCharge will focus on a specific coping skill or a component of self-awareness. The objective of ReCharge is to help you to get to know yourself, and to renew your energy, enhance your fortitude and build up your coping competency so that you can better navigate the complex systems you lead.

## Monthly Breakdown

### Week 1

The 'Where': Leader-ometer

### Week 2

The 'What': Self-Assessment Exercise

### Week 3

The 'Why': Research, Science and Information

### Week 4

The 'How': Building up your skill



Stay tuned for  
ReCharge to  
launch on  
**October 2nd!**

[bcpvpa.bc.ca/recharge](https://bcpvpa.bc.ca/recharge)

**Curious about a certain topic?**

Suggest any topics you feel would help energize your overall well-being!

# LEARNING BRAIN

Links, tips and resources for your health

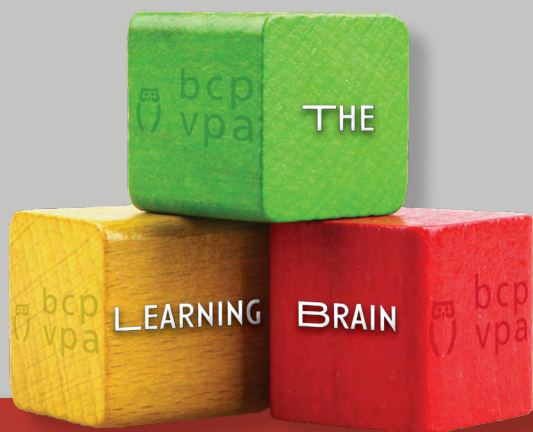
## A few of the topics we cover:

coping during a pandemic

loving someone with a mental illness

the importance of play and laughter

calming a reacting mind



Read the complete series of articles:

[bit.ly/TLB\\_2020Series](https://bit.ly/TLB_2020Series)

Individual articles are available for download on our [website!](#)



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