



Is it really June?!

June 2021

Is it really June? Yes, it is! With just a few weeks left in the school year, we all seek to finish intact and as professionally well as possible. With many of us tired and less tolerant, it's important to keep ourselves emotionally in check and not over-respond. Here are a few thoughts you may wish to consider as we wrap up the 2020-2021 school year.

1. Taking stock

With little time left and still much to do, it becomes imperative to itemize and prioritize the remaining work obligations. By leaving the work week with a prioritized list and starting the week with a refresher of what you need to do can take some of the sting out of the workload. Break down the work into daily tasks and shuffle items as pressing needs emerge. This will sound obvious but when we are overtired and less tolerant, it becomes even more imperative to be organized.

2. Checking in

With many feeling the effects of a long COVID-19 school year, increasing your check-ins with staff and colleagues can help keep the collective on course. When you are able to, engaging informally more frequently as a means of encouragement and 'soft' support, can go a long way to helping individuals stay on track and feel connected even as people are beginning to drift away or become disconnected. Be mindful of those around you that may be quick to be agitated or over respond. We can play a role in helping others successfully navigate this last month by encouraging those around us to keep focused on the task at hand and remain professionally supportive of one another in the process.

3. Staying present

It takes greater focus and mental toughness to remain present when we are under duress and worn down. With the summer so close now and the changing nature of COVID-19 protocols happening quickly, it can be easy to look ahead and be distracted by the noise around us and opportunities that lie ahead. Take a moment each morning to mentally check in with yourself and focus

your daily intention. Recognize the tasks at hand, embrace the day and take pride in your ability to be present and accounted. Encourage your educational community to do the same.

4. Recognize and celebrate

My retired school superintendent father reminded me in my early days in education, "If you are waiting to be recognized for your dedication and duty in a public education setting, you might be waiting a while!" Take a moment each day to recognize yourself, your colleagues and staff where appropriate to honour your individual and collective commitment to seeing this year through. Public educators across our great province have been the quiet heroes of the pandemic. Thank you so much for your selfless professional dedication and perseverance. It's been one incredible year!

Wishing you all a successful and safe completion of the school year. We have spoken to many administrators this year that have been focused on so many other people, while putting their own personal needs aside. Please take the time this summer to focus on your 'recovery' and turn that professional attention inwards. We remain humbled by your professional dedication and commitment.

Please reach out to the [BCPVPA EIP Program](#) should you seek support and guidance around remaining professionally well during this challenging time.

With great respect and admiration,

Jack MacNeill
President
humanworks consulting group inc.

Jack is a registered clinical counselor and organizational counselor who has worked in the education sector, specifically with teachers and school leaders, for more than 25 years. He is the founder and president of humanworks consulting group inc.

Jack's column appears in BCPVPA's eNews the first Friday of each month.