
First-Time Administrator Roundtable

— Cultivating a Critical
Leadership Tool —

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SAIS
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Agenda

- Introductions
- Workshop norm
- Building awareness
- “Places We Go When Things Are Uncertain or Too Much”
- “Hopes and Fears”
- Wrap Up



Introductions

- Name, role, school, and location
- One thing you noticed today



Workshop Norm

Vegas Rules



Building Awareness

- What do you notice?

“The signal through the noise”

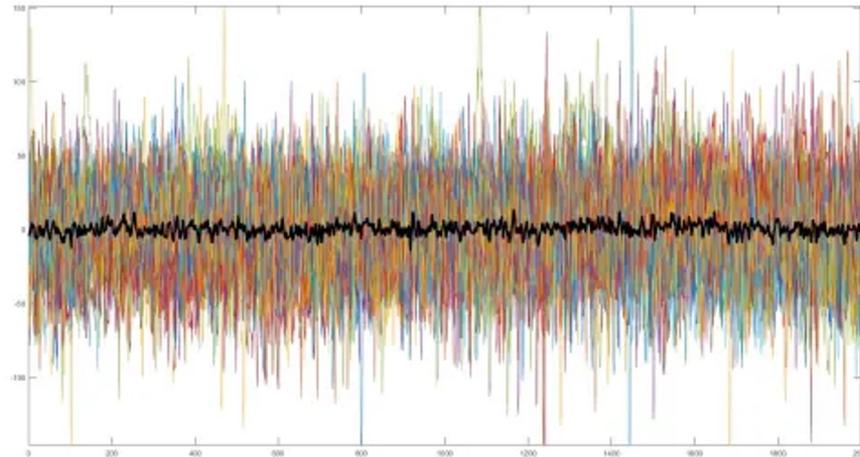


Image source: <https://loonylabs.org/2019/08/31/day12-365doa/>



Discussion Groups*

- Counselors
- MS Dean of Students
- US Dean of Students
- LS Associate Division Head
- MS Associate Division Head
- US Associate Division Head
- LS Division Head
- MS Division Head
- US Division Head
- “School wide admin” - HOS, Associate Head, multiple divisions, coordinators



Building Awareness - Discussion and Group Coaching

- What does success in your new role look like?
- What obstacles to success do you notice - either within yourself or around you?
- What else do you notice when you think about this transition?
- What do you notice as other people are sharing?



Building Awareness - Discussion and Group Coaching

- What did you notice?



Source: <https://www.thenews.com.pk/magazine/money-matters/990411-self-awareness>



“Places We Go When Things Are Uncertain or Too Much”

- Chapter 1 of Atlas of the Heart by Brené Brown
- Emotions: stress, overwhelm, anxiety, fear, avoidance, excitement, dread, worry, vulnerability
- What do you notice about this list?
- What emotions are resonating with you?



Source: <https://greatist.com/discover/facts-anxiety>



“Places We Go...”

- Cortisol - stress hormone that stimulates “fight or flight” response
- Operating from these places undermine decision-making. What can you do?
- *Breathe*. Controlled and intentional breathing is simple, effective, and free.
 - **Increases oxygen to your brain**, enhancing cognitive function
 - **Redirects you to the present moment**, clearing your mind and enabling you to focus on what’s at hand
 - **Slows down your heart rate**, counteracting your “fight or flight” instincts



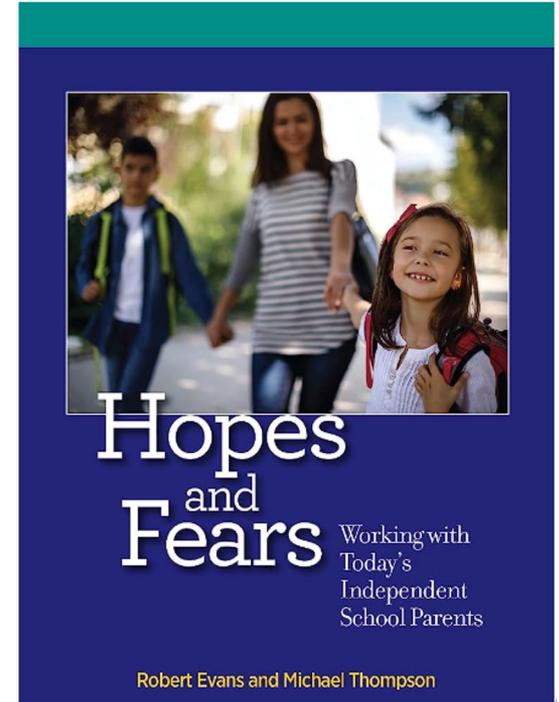
“Places We Go...” - Breathing Exercise

- What do you notice now?



“Hopes and Fears”*

- What is one hope you have for the upcoming year?
- What is one fear that you have about the upcoming year?
- Collect, trade, and read
- What do you notice?



Takeaways About Awareness

- What is one question, curiosity, or commitment you're leaving with today?
 - Revisit within 72 hours for 15 minutes in a way that you do your best thinking
 - Take an action step within 24 hours



Thank you!

- Contact information
 - Email: zakaria@firstrodeocoaching.com
 - Website: www.firstrodeocoaching.com
- Raffle - 2 people will receive summer coaching
 - Each package: 4 hour-long sessions this summer
- Reach out if you're interested in exploring coaching this year (10% discount)

