



Self-Care in a Mission-Driven Environment



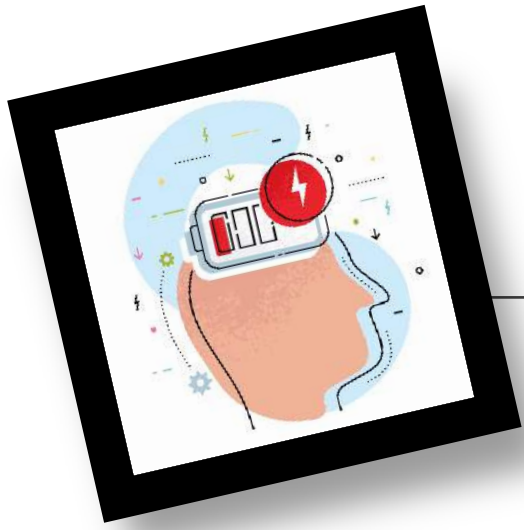
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Director, Human Resources Programs

- 20 years of human resources experience
- 6 years of experience at an all-girls boarding school
- HR leader with experience in organizational planning, compensation & benefits systems and personnel relations

Why We Sacrifice Self-Care





What is Self-Care for You?

Self-Care Builds
Resilience, and Resilience
is Good for Everyone.

- ✓ Exercise
- ✓ Mindfulness
- ✓ Check Lists
- ✓ Reading a Novel
- ✓ Playing with Your Dog
- ✓ Attending an Event



Code-Switching

- ✓ Emotional Labor
- ✓ Draining
- ✓ Distracting
- ✓ De-Motivating



Taking Space at School



Sometimes we just need a few moments to recharge. Regular breaks can keep you feeling balanced.

- ✓ Take a walk
- ✓ Have lunch with friends
- ✓ Meditate
- ✓ Grab a coffee

Self-Care to Support Your Work



- ✓ Attend Events
- ✓ Have Lunch with Students
- ✓ Support Sports Teams
- ✓ Help with Bake Sales
- ✓ Offer Kindness



Self-Care is Support for You and Your Work

What is best for the employee is usually what is best for the school. Self-care and fulfilling the mission aren't mutually exclusive.

Treat Yourself Like I-90...

Caring for your physical self is
caring for your community and
helps create a healthier
environment for everyone.

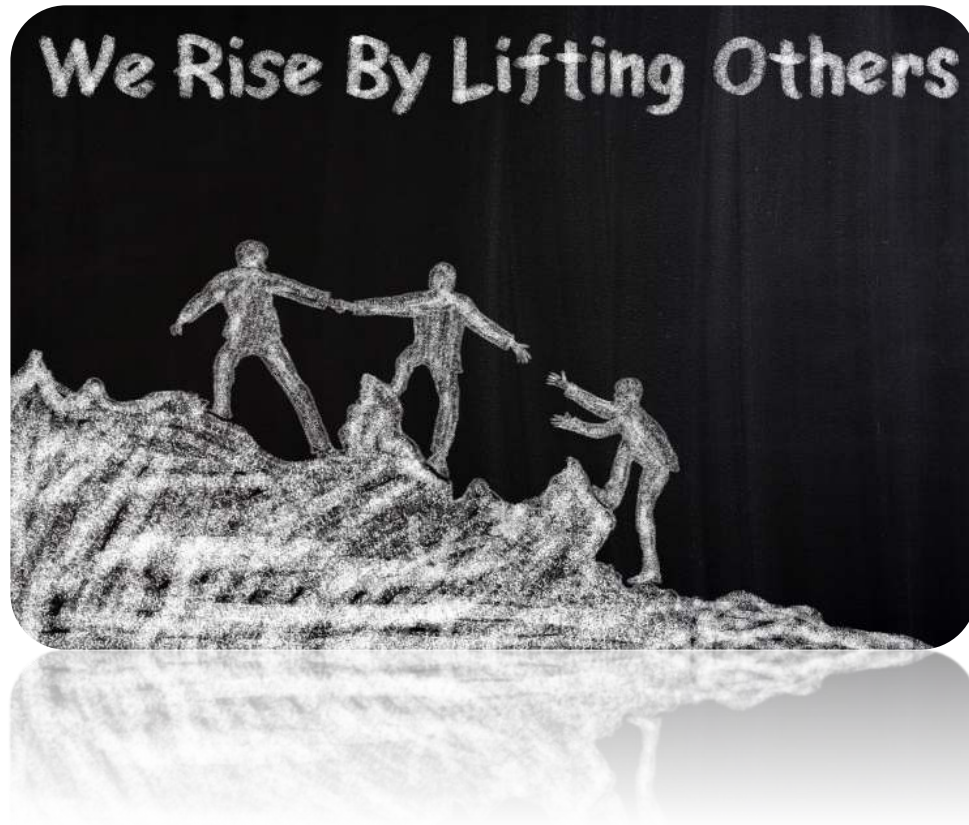


How a Garden Grows

- ✓ Have a goal
- ✓ Start small
- ✓ Nurture growth
- ✓ Acclimate to change slowly and intentionally
- ✓ Be able to pivot if something new isn't working out

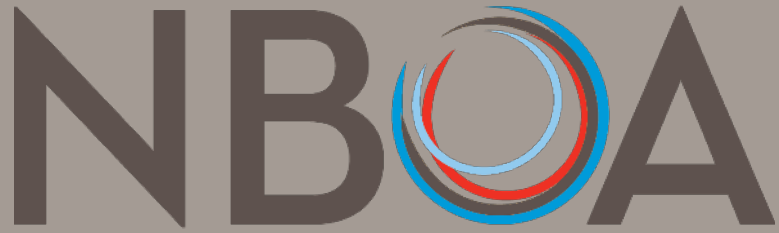


Self-Care to Support Your Work



You are powerful and influential,
and you can decide if you want to be
a positive influence or a negative
influence.

You are in control.



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Thank you,  **SAIS!**

