

Leadership Practice Inventory

Use the following list of practices to assess your own ability to support staff members in identifying and managing their own stress and overall well-being. Each statement below refers to behaviors or attributes you should demonstrate when interacting with and supporting staff members, children, or families. For each of the statements, reflect on your own practices relative to this content area and select your current level of mastery. This practice inventory can also be used to support you in developing your own professional development goals.

E

Emerging

You believe you need more information to understand or incorporate a particular practice

D

Developing

You believe you have an understanding of the practice, and are working to properly apply it to your work

M

Mastered

You believe you have mastered and consistently implement a particular practice

COMPETENCY		RATE: E/D/M	NOTES
A	Models stress-reduction strategies for staff members. For example, how to incorporate controlled breathing exercises with the children		
B	Celebrates and acknowledges staff accomplishments		
C	Expresses gratitude to children, families, and staff		
D	Validates or acknowledges emotions that others are feeling		
E	Uses emotional regulation strategies to help manage negative emotions		
F	Identifies negative or unrealistic thinking and works at replacing negative thoughts with more positive or realistic ones		
G	Identifies stress signals and uses positive coping strategies. For example, asks for help prior to feeling overwhelmed		
H	Suggests and model self-care activities for the children, such as yoga poses, breathing exercises, and/or mindfulness techniques		
I	Practices self-care strategies in and outside of the program		
J	Brainstorms and exchanges ideas with staff members and colleagues on incorporating strategies that would help reduce stress		
K	Models appropriate ways to express emotions		
L	Provides a space that helps support self-care, such as a space where staff members can listen to soothing music or guided breathing exercise		
M	Provides staff tools and experiences that help children label emotions		
N	Provides staff with tools or guides for stress reduction activities such as controlled breathing, yoga poses visualization activities		

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Concluding Reflections

My overall strengths in this area:

Practices that I would like to improve include:

Plans for achieving these goals include: