



Expect To Win!

Indiana Special Education Leadership Symposium 2023



I am Jill Lambert

*Director of Student
Services*

Greenwood Community
Schools

Twitter: @jclambert33

Email:

jlambert@gws.k12.in.us



Turn to your
neighbor-tell them one
positive about the way
your day started...



Model-Practice-Visual MPV

The 4 Rs
Regulate-Relate-Reason-Reflect

The work comes before the belief...

Simple Sells... Fancy Fails....

Our Time Together

*“We cannot allow **average** to become our standard”*

- ❑ **Investing in Yourself.**
- ❑ **Where Am I Putting My Energy?**
- ❑ **Taking Insane Action.**



Audit Your Environment

You were born to do great things.

- Read**
- Visual Board/Goals**
- Most Important-
The People that are near you**

Who are the people around you?

- Proximity is power**
- Environment supports what you are doing**
- Past/future reference**

How do you show up in other people's lives?

- High standards**
- Deeply believes in others**
- Energy giver/drainer**

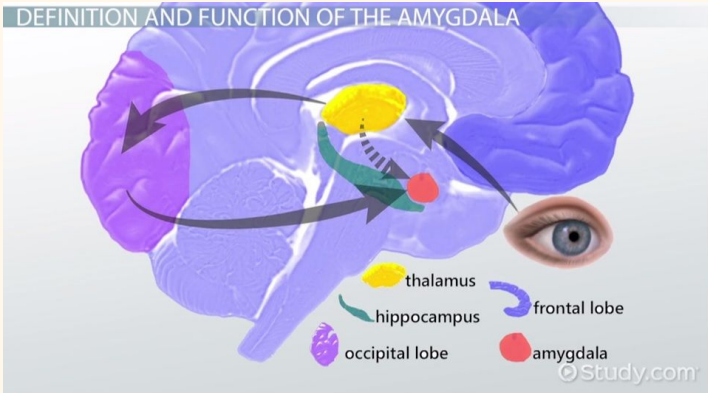
How to Tackle Anxiety as a Leader

- ❑ The anxious brain never quiets down.
- ❑ You are responsible for the narrative in your brain.
- ❑ Aren't you glad no one can hear your internal thoughts?

1. Create a Pause
2. Find some paper-write down your thoughts- link those thoughts to an emotion-link that to your behaviors...

Why does this work?

Prefrontal cortex is always competing for energy with the Amygdala- You want to stay in your prefrontal cortex...



Dr. Luana Marques/Mel Robbins
7 Podcast

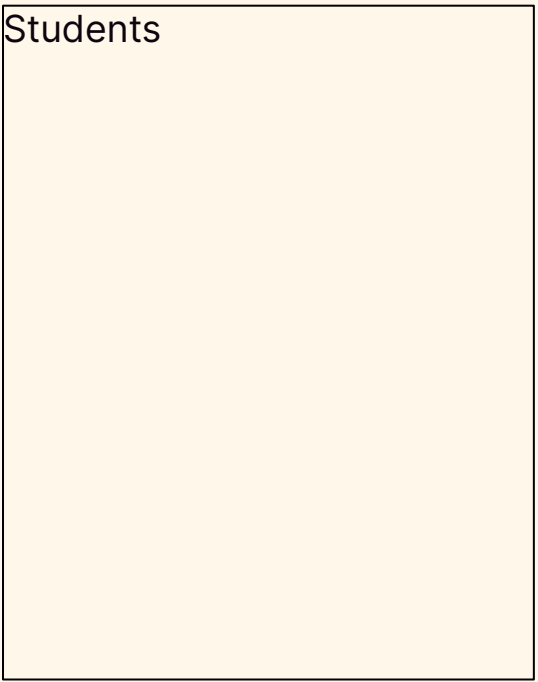
“We are only responsible to do what we know to do at the time it needs doing, not for the things that we will learn to do later”



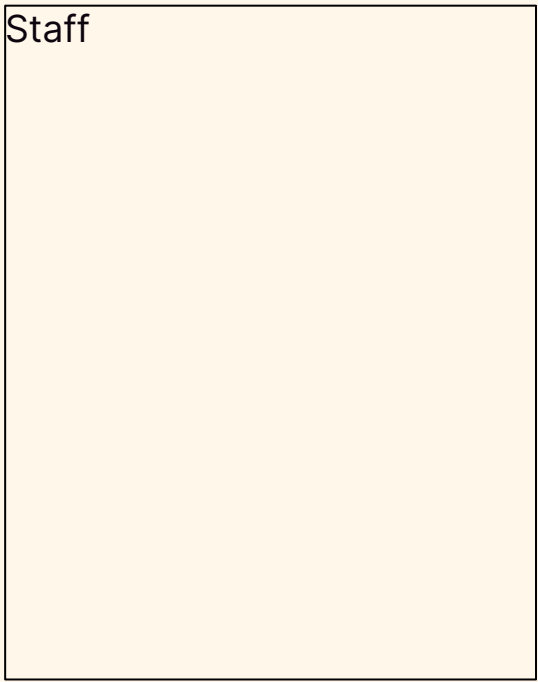
How do we teach people to want to collaborate?

What Are Your Student's Basic Needs?

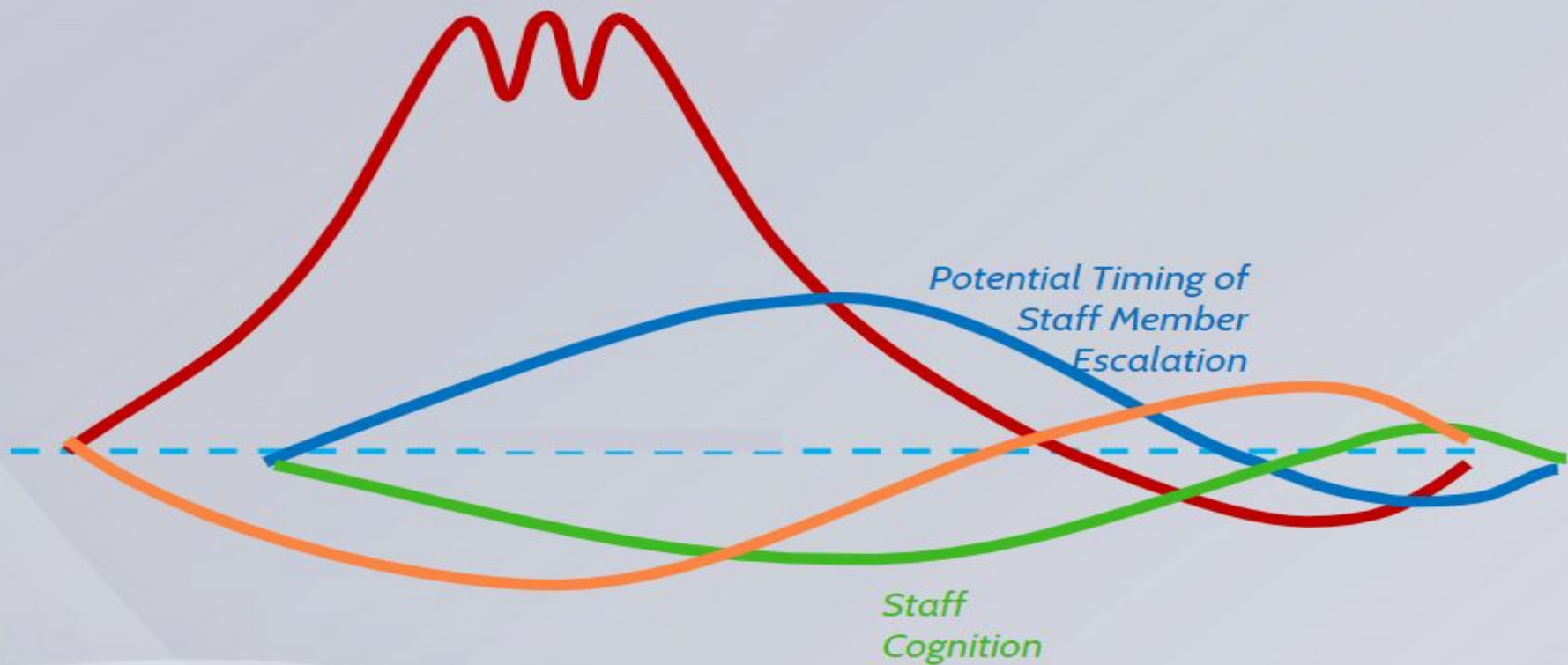
Students



Staff



Assault Cycle and Staff Response



“How You do ONE
Thing is how YOU
do Everything”



Master the Skill of Aggressive Patience

Understand this right now.....

Your actions today won't give you the results you are looking for tomorrow.

If you want to reach your biggest goals, you need to do 2 things:

1. Stay urgent in your daily actions.
2. Be patient and understand it's going to take time.

You have to be aggressive in pursuing your goals through the actions you take every day...
And... you have to understand that any great achievement is going to take longer than you think....

Taking Insane Action

Worry is a misuse of your imagination.

1st- Define Your Reality

- What does this really mean?
- Can you take an unbiased perspective?
- Don't tell your story

2nd- Create a Clear Vision of What You Want

- What will be different?
- Believe you are guided
- Fall back on your systems



Taking Insane Action

YOU are the lead character of your life.

3rd-Get Resourceful

- Who else can help
- We often get unresourceful
- I have all of this at my disposal

4th- What Can I learn from this?

- You will less likely repeat the same mistake
- Problems will always be part of the job



Where Am I Putting my Energy?

5th- Solve problems on paper

- Move the problem out of your mind
- Remove the emotion
- Perspective changes

Problems need energy to live

- Problems allow for growth opportunities
- Build the habit of being decisive
- Don't assign blame-it causes distractions



2 by 10 Strategy

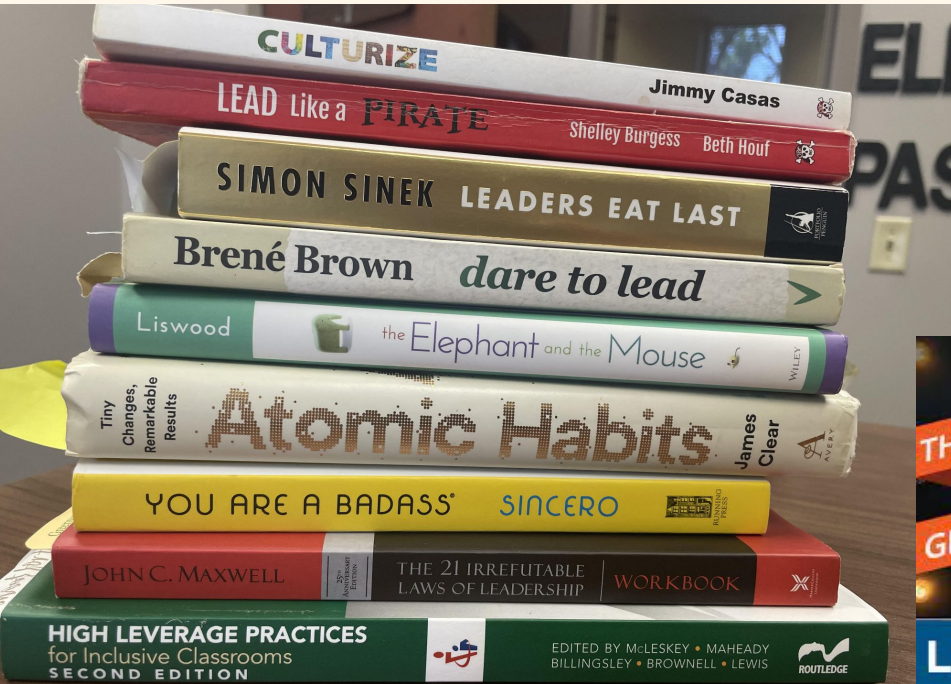
Spend 2 minutes per day with your most challenging student or (colleague) by going out of your way to generate a conversation

Do this for 10 days in a row

Research shows that there is an 85% improvement not only with that student but with the class in general

First you build your habits, & then
your habits build your team.

Podcasts



Thank you!

WIN the Day!

