



# The Mindful School Leader: Practices to Transform Your Leadership and School

*Valerie Brown, Kirsten Olson*

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***Big results come from small steps.***

Written with school leaders in mind, this inspirational yet practical handbook teaches you how to add mindfulness into your day, bit by bit, whether you are sitting in your office or walking down the hall. With mindfulness, you will get better at managing meetings, responding creatively to complex situations, and achieving resilience—you will become a more effective leader and a more positive force for your staff and students. Features include:

- Real-life profiles of mindful school leaders
- Practice exercises to try right away
- Guidance so you know if you are “doing it right”
- Hard-to-find resources, including mindfulness apps

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