

Replenishing Energy and Purpose in Leadership

A NASS Leadership Lens

Quote: “You cannot pour from an empty cup.”— Unknown

Narrative Reflection:

Restoration is personal and essential. It looks different for each leader—quiet time, connection, creativity, or simply a slower pace. What matters is intentionality.

Leaders who restore energy return with renewed clarity and presence. Restoration strengthens decision-making, patience, and resilience. It also signals to others that well-being matters in meaningful work.

Restoration prepares leaders to reengage with confidence and care.

Leadership Toolkit: Intentional Restoration

- Identify activities that replenish energy
- Protect time for renewal
- Encourage wellness across leadership teams

Reflection Prompt:

What restores your energy most effectively—and how will you protect time for it?

Prepared for NASS by

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Theme: Reimagine | Looking Ahead with Intention

Newsletter Blurb (Short Form)

With space to breathe and reflect, leaders can begin to reimagine what’s possible. June offers a moment to consider not just what will continue, but what could improve.

Read more in a new article on www.NASS.us:

Reimagining Leadership and Learning for What's Next.

Optional NASS Engagement Prompt:

What would you reimagine if urgency were removed?

Full Article (8.5 x 11 Content)

Reimagining Leadership and Learning for What's Next

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Quote: "The future is created by what we imagine and act upon today."— Unknown

Narrative Reflection:

Reimagining is easier when urgency quiets. June creates room to ask deeper questions about structures, practices, and priorities. Reimagining does not mean discarding what works—it means building on strengths with intention.

Leaders who reimagine thoughtfully engage others, test ideas carefully, and remain grounded in purpose. The goal is not change for its own sake, but improvement that better serves students and communities.

Imagination paired with purpose moves systems forward.

Leadership Toolkit: Reimagining with Purpose

- Identify areas ready for growth
- Invite diverse perspectives
- Align innovation to core values

Reflection Prompt:

What is one area where reimagining could strengthen your system?

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