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Foreword by Dominique Smith

# Habits of RESILIENT LEADERS

Personal Practices That  
Drive Professional Impact



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ISBN: 9781071962862



This book helps leaders reexamine their own resilience and learn practical habits for a successful career as a school leader. The authors push you to think about how to set your own boundaries and create a meaningful space for feedback, **protecting your own well-being while navigating your school toward a true vision.**

**Dominique Smith**

Author, *The Restorative Practices Playbook*



# Habits of Resilient Leaders

## Personal Practices That Drive Professional Impact

Lindsay Prendergast and Piper Lee

Education leaders face mounting pressures and unprecedented challenges, with many feeling the strain of constant change and uncertainty. **Habits of Resilient Leaders** offers a practical framework and proven habits that extend beyond self-care and managerial skills, arming leaders with tools to foster improved well-being, empower their teams, and create a positive impact in their schools and districts.

Addressing the growing attrition rate among K–12 leaders globally, this book provides actionable strategies to cultivate resilience and ensure long-term sustainability in leadership. Key features include

- **Practical strategies for fostering resilience, maintaining your well-being, and addressing challenges without impacting your health**
- **Guidance for developing habits for boundary-setting, cultivating vision, managing change, and leading with optimism and emotional intelligence**
- **Authentic examples of habits in action and reflection activities to support implementation**

With a focus on personal and professional growth, this must-read guide supports education leaders to rediscover their “why,” maintain stability for their teams, and foster thriving environments for students, staff, and their broader communities.

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