

Online Resource 6.2 How to Provide Compassionate School Mental Health Exercise

CARING LEADERSHIP (SEE TABLE 6.1)	PREVENTION	SUPPORT THE CHILD	BUILD RESILIENCY	DEVELOP PROTECTIVE FACTORS
Has Clear Aims				
Has Positive Virtues and Mindsets				
Meets Competencies				
Has High Emotional Intelligence				
<i>Heart Centered Leadership</i> (see Chapter 1)				
Leads by Example				
Communicates with Compassion and Consciousness				
Shows equanimity of emotions				
Creates Community				
Shares a Compelling Vision				
Is Confident				
Shows Courage				
Develops Compassionate School Policies				
Uses Self-care Practices				