

Presenting...

The Daily SEL Leader

A Guided Journal

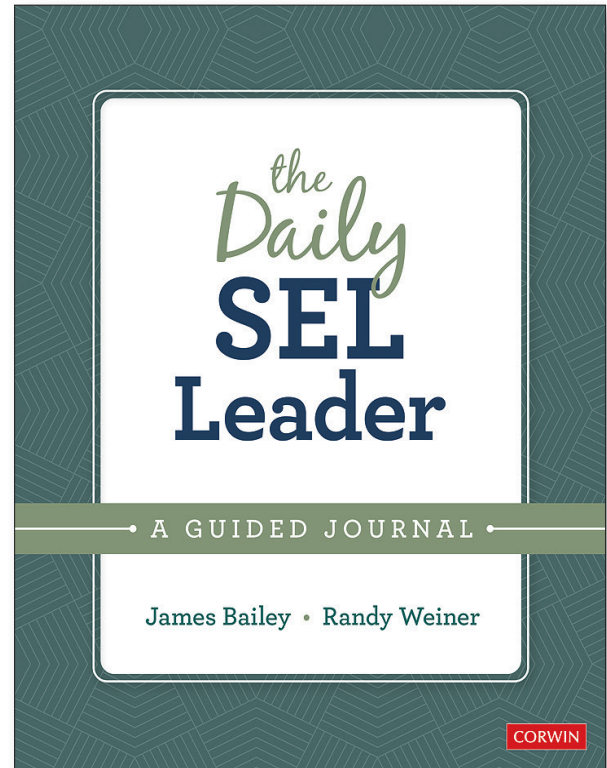
James Bailey, Randy Weiner

Social-emotional learning is one of the hottest education topics today. Most of the focus, however, has been at the student level. The truth is that school leaders can't implement social-emotional learning effectively if they don't deeply understand it for themselves.

A deeper, renewed self-awareness and understanding of your own and others' emotional needs is the key to promoting social-emotional learning across your school. Exploring and mastering core social and emotional competencies a little at a time with the help of this guide fits perfectly with the daily demands of being a school leader, team leader, or classroom leader. Using the core CASEL skills presented in six modules, this guided journal will help you:

- Become more self-aware of what each CASEL skill means for leadership
- Build stronger relationships throughout schools, classrooms, and communities
- Increase credibility and approachability

Because human growth and leadership go hand in hand, meeting students, teachers, and colleagues where they are at emotionally will begin a ripple effect and leave a lasting impact on your learning community. To do that, however, you must first focus on developing your own SEL skills.



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"Social and emotional learning isn't just for kids. It's for all. And in particular, it's for school leaders, for whom a normal day requires confidently and cheerfully meeting the unexpected. Wise leaders know that we are truly only in charge of our own selves, and that we can achieve tremendous personal growth by fine-tuning our social and emotional skills. Bailey and Weiner's Daily SEL Leader shows the way. As inspiring as it is practical, this is a must-have resource for anyone serious about being a respected, trusted, and cherished educator."

—Julie Lythcott-Haims
New York Times bestselling author of *How to Raise an Adult* and *Real American*