

Texas State Organization Denton Convention – June 17, 2021

Unlock the Possibilities

Unlocking the Possibilities: Leading from the Heart

Resources:

Brené Brown, PhD, LMSW, ***Dare to Lead: Brave Work. Tough Conversations. Whole Hearts.***, 2018

Jody Carrington, PhD, ***Kids These Days: A Game Plan For (Re)Connecting with Those We Teach, Lead, & Love***, 2019

Betty-Ann Heggie, ***Gender Physics: Unlock the Energy You Never Knew You Had to Get the Results You Want***, 2018

Deborah MacNamara, PhD, ***Rest, Play, Grow: Making Sense of Preschoolers (Or Anyone Who Acts Like One)***, 2016

Elements of Wellness – University of New Brunswick, Fredericton, NB, Canada – attached

How to View Personal Wellness through Yoga and Meditation - attached

- www.dkg.org

Make Time for “Me Time” – Elizabeth Grace Saunders, April 01, 2021 – Harvard Business Review

<https://hbr.org/2021/04/make-time-for-me-time>

Cynthia P. Moore, MEd
Alberta State Organization
DKG Society International
June 2021