

## **Connecticut Network for Children and Youth Program Power Up - April 2024**

### **Taking Time to Reflect on Goals and Practice**

I recently attended the National Afterschool Association Convention in Dallas. I went there with the goal of learning more about what was going on in our field at the national and state level. I went there hoping to see someone I knew to reconnect with. I came to take away knowledge and bring that back to Connecticut to help improve our practices and systems here. Those were my intentions until the first session of the first day of meetings. It was a group activity that was pretty straightforward and easy enough to grasp the concept and get to work. One card was green, the other red. Green signified a giver, someone who had something to offer or share. Red was a taker, someone who gets ideas from others. The key point was that there was nothing wrong with being a giver or taker, and that as leaders we often have to play both roles. It really stuck with me, and as a result presented me with the opportunity to reflect on my own leadership and passion for the work.

Typically, a Program Power Up contains a full staff meeting for you to use. Slide deck, articles, reflection questions, and materials. While our hope is that these have been useful resources for you and the programs you oversee, it is also our hope that through these resources you will find the time and space to actively reflect on your own leadership and practice. For this month, we have put together a list of reflection questions to help focus your own work in leading a high-quality afterschool program. Research shows that high quality afterschool programs improve school attendance, result in high academic achievement, and overall better social and emotional skills. I invite you to take 15 - 30 minutes over the next month, each week, to quiet your mind and reflect. Where have you been? What have you done to bring you to the point in your career today?

Your stories are always welcome, please send them to [info@ctncy.org](mailto:info@ctncy.org). We look forward to working with you if not now, in the near future.

Sincerely,  
Ken Anthony, Ed.D.  
Associate Executive Director  
Connecticut Network for Children and Youth

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***Leadership Self-Care Inventory***

1. How regularly do you disconnect from work (phone off/hobbies/etc.)?
2. How often do you find yourself covering for staff?
3. Do you eat lunch at your desk or take a lunch break?
4. How often do you work overtime?
5. How often do you work on weekends/nights to get a project done?
6. Do you solve problems for staff or allow them the space/opportunity to?
7. Do you sleep through the night or wake up multiple times with your mind racing?
8. How well of a delegator are you with staff, and are you willing to give up some tasks?
9. Do you have an established practice for your own leadership development?
10. Have you set personal goals for yourself for 3 to 5 years?