

LIFELINES for Leaders



1. READY YOURSELF

- "Pause to breathe and get grounded before approaching a colleague."
- "Ask yourself: 'I wonder what's behind their reaction?'"
- "Be ready to listen, not lead."

2. APPROACH WARMLY OR SILENTLY

- "Knock gently and say, 'Can we connect for a moment?'"
- "Show up with kind eyes, a relaxed face, and patience in your posture."

3. EXPRESS EMPATHY

- "Say, 'That sounds heavy.'"
- "Say, 'That must have felt like a lot.'"
- "Share a moment of connection: 'I've felt that way too.'"

4. NOTICE & VALIDATE THEIR EMOTIONS

- "Say, 'I can see why you'd feel frustrated by that situation.'"
- "Say, 'That sounds confusing. Want to talk it through?'"

5. OFFER CHOICES

- “Would you rather talk now or circle back after lunch?”
- “Want to walk and talk or sit down somewhere quiet?”

6. OFFER SUPPORTIVE SILENCE

- “Give space. Nod. Be still.”
- “Don’t rush to fix. Just stay.”

7. ASK OPEN-ENDED QUESTIONS

- “What’s weighing on you right now?”
- “Help me understand what you need most today.”

8. SIMPLIFY LANGUAGE

- “Slow your speech. Skip the jargon. No advice unless asked.”

9. PRACTICE SOUND MINIMALISM

- “Pause. Turn off phone alerts. Create quiet together.”
- “Say, ‘Let’s take a few minutes of quiet to gather our thoughts.’”

10. REDUCE VISUAL CLUTTER

- “Clear the space—physically and mentally.”
- “Say, ‘Let’s pull up just this one thing to focus on.’”

TRANSFORM YOUR PD WITH BITE-SIZED TRAININGS

Press play and watch bite-sized trainings that deliver real inclusion strategies in minutes.

MINI BYTES
Bite-Sized Inclusive Education Solutions!

Choose Your Own Adventure: Click on the Phrases Below and Dive into Mini-Bytes Tailored to Each Topic!

WHAT WHY HOW LEADERSHIP BEHAVIOR DIFFERENTIATION

Helpful Tip: Tackling inclusivity challenges made easy!
Short and Sweet: Learn in the time it takes to brush your teeth!
Variety of Bytes: diverse topics, catering to different

Break up PD: Use Mini-Bytes to break the monotony and bring in a fresh, engaging voice to your learning sessions.
Learn from Inclusion Experts, Dr. Julie Causton and Kristie Pardo-Franczak.