

theBALCONY

PRESENTED BY **LEADERSHIP INSPIRATIONS**

NOVEMBER 2021



ACTIVITY OF THE MONTH Name Acronyms

As the year is coming to a close, it is the perfect time to affirm the people around you! Try this heartwarming activity that involves writing affirmations for each letter in someone's name. Click here for the instructions!

[GET INSTRUCTIONS](#)

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The Power of Music

Stress awareness week is in November! Read about the powerful impact music has in our lives.

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Achieving a Balanced Life

Life is hectic! It can be hard to balance work, family, school and self care all at once...how do you do it?

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Finding Your Role Model

Role Models can come in all different shapes and sizes. How can you find the right one for you?

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Leading Authentically Through Vulnerability

It is difficult to be vulnerable, especially in leadership positions. Zz advocates for the positive impact it can have.

FEATURED CONTENT

WHAT'S GOING ON AT LI?

Are your students struggling with their return to school? Are you looking for a boost in team morale? Do you need help? Look no further! Our in-person programs are back in full-swing! Reach out and book your next program with us...and say hi to Jayne! (She's back with baby #2!)

LEADERSHIP LESSONS & QUESTION OF THE DAY LIBRARY

As a subscriber, **you get early access** to this month's leadership lessons! AND... Strike up a fun conversation every day in November with our Question of the Day Library!

ACHIEVING A BALANCED LIFE

I'm sitting down to write this after a long week at work – a week of 5am meetings and 11pm emails. A week where I found myself spending more time working than I would care to. A week that was not sustainable. And sitting down right now to write about “work-life balance”, I was starting to feel like a fraud...

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LEADING AUTHENTICALLY

During my first year working for Leadership Inspirations, as a Junior Coach, the most vibrant thing I learned was the importance of vulnerability. Vulnerability, by definition, is being exposed to the possibility of harm. This can be any kind of harm, from emotional to physical, but at the end of the day, it's still scary. In terms of leadership, and everyday life, vulnerability can be so beneficial, though. Vulnerability directly pushes us to face fear and push past...

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FINDING YOUR ROLE MODEL

I used to have a very narrow view of who role models could be and how many I could have. In my mind, role models had to be these exceptionally “great” people who were famous and well known. Role models were award winning singers or all-star athletes who had common household names. Role models were people who...

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CAN YOU BE-LEAF IT'S ALREADY NOVEMBER?

SOUNDS LIKE THE PERFECT TIME TO
CHECK IN WITH YOUR TEAM.

**CONTACT US TO LEARN MORE
ABOUT OUR TEAM DEVELOPMENT
PROGRAM OFFERINGS!**

BUILDTEAMS@LEADERSHIPINSPIRATIONS.COM



WHAT'S GOING ON AT LI

We are happy to report that our in-person programs have been in full swing for the past few months and they are going great! So wonderful to get to work with students, teachers and teams in this capacity again. [Contact us to learn more about what we can do for you!](#)

WHAT'S GOING ON IN THE **WORLD**



THE POWER OF MUSIC

I've been thinking a lot recently about the beauty and power of music. It has this incredible ability to bring people together, elicit emotions, be a creative outlet and is extremely effective in relieving stress.

International stress awareness week falls on the first week of November each year and aims to raise awareness about stress prevention and reduce the stigmas often related with mental health issues.

Researchers at Stanford University (Saarman, 2006) have said that music is an extremely

effective stress reduction tool and that "listening to music seems to be able to change the brain functioning to the same extent as medication."

In middle school and high school I learned how to record songs and had the best time writing and making covers of my favorite music.

It was and still is to this day my creative escape. Stress is a feeling I am no stranger to, and music has been by my side from some of my earliest memories...

[READ MORE](#)

LEADERSHIP LESSONS

As a Newsletter Subscriber, you get **EARLY ACCESS** to this month's Leadership Lessons! To take advantage, click the links below:

[The Power of Music](#)

[Balanced Life](#)

[Finding Your Role Model](#)

[Leading Authentically](#)

NOVEMBER QUESTIONS AVAILABLE NOW!

Visit our website to get access to fun questions every day in October!



[CLICK HERE TO VIEW ALL QUESTIONS](#)