

Boundless Reflections NEWSLETTER

March 2023 Issue 2



Boundless Learning

julia@boundlesslearning.org.uk

Creating, enabling and empowering climates for learning.

Don't forget to check out my blog: Boundless Reflections – Boundless Learning

Boundless Learning

Welcome to issue number 2!

It has been great to receive your feedback from the first iteration. This is intended to be a chance to connect, share and pause. Please feel free to contribute, or reflect on the ways we work together. My mantra for this year is to greet the world with playful curiosity, so here goes.



Boundless Leadership

In preparation for workshops I'm delivering in May and June, I've been incorporating a lot of my own leadership learning. Resilient Leaders Elements, Lego Serious Play have supported my lessons in leadership from ducks! Yes, I'm serious! I'll be sharing this in Navigating your Leadership Journey in Leicester and Halifax. It would be great to see some of you there. Did you know that ducks speak in different accents, but they still find a way to collaborate?



BOUNDLESS CREATIVITY

I attended the annual Personal Development conference this month, where I led a workshop exploring identity and its role in enabling resilience.

Incorporating approaches that supported concrete and lived experience, lifting ideas into 3D space, and playing with ideas using Positively Psychology prompted collaboration and thinking.

@BoundlessLtd discussing identity, resilience and Ed us airing the whole. Lego played its part #PDCConf23



Boundless Wellbeing

Navigating your Leadership Landscape
with:

**BOUNDLESS
PURPLEMOON**
Exploring and Enabling Leadership

Jenny Bowers and Julia Hancock

Also featuring sessions run by:
Chris Chinmook Lisa Kempster
Our Creative Connection Best Your Health

Find out more at
www.purplemoon.uk/boundless

Halifax June 29th
Leicester May 19th



My learning

I've been learning about Porges' Polyvagal Theory this month. Not only has it been useful to reflect on where I am spending a lot of my own time, in terms of Dorsal, Sympathetic and Ventral Vagal states. I'm pondering on how this is useful for working with others and how we can take understand the impact of stress on our Vagus nerve and strategies to support this .

Boundless Wellbeing Winners

How often do you build time to connect with your values? Do you notice when this supports your sense of fulfillment to reset your inner critic voices? This can help reset your brain to noticing the strengths you hold-your superpowers. Nurture them.



Resilient Leaders Consultant



Boundless Leadership Learning

I'm launching my next group programme in late March/Early April, considering Leadership in Uncertainty. Please get in touch if you or a member of your team would like to take part. If you have a team that would benefit from a bespoke programme please contact me to discuss this.

BOUNDLESS LEARNING



I recently developed Inset for teaching Assistants linked to values-led approaches to empowering them in their roles, and building on the EEF recommendations, as well as work I had previously led in terms of the draft standards for TAs. I started as a TA and I'm passionate about enabling them to flourish and support school effectiveness and ethos.

KEY EVENTS

Headsup4HTs Book group with Vic Carr. Thursday 23rd March 7pm.

Navigating your Leadership Journey
See flyer on Page 1

Leadership in Uncertainty March tbc
6 online sessions

Northern Rocks
Saturday 10th June

