Finding the balance between a busy, stressful work life and hectic personal life is critical. If you are unable to achieve balance it will negatively affect your ability to be successful and happy. This conference was intended to encourage and support our senior administrators to understand this concept and learn strategies to achieve balance.

The first evening began with a presentation by Cassie Campbell-Pascall. She was the captain of the gold-medal winning Canadian Women’s Hockey Team. She shared her story and the importance of hard work, focus and team work. She talked about how working together accomplishes more. She also reminded the participants that taking risks in your life and going out of your comfort zone opens up a wealth of opportunity and life experiences. She stressed the importance of taking time for yourself and spending time with friends and family. She also graciously took time for questions and comments.

The next morning session was led by Plasticity Co-founders, Jim and Jennifer Moss. They shared their life experience in the creation of their company and spent the morning using stories and teaching skills in achieving balance and happiness in your life. They demonstrated how this can impact your work and career effectiveness.

The afternoon session was entirely different! The speaker was Sean McCann, a member of the International and renowned Canadian band - Great Big Sea. Sean had recently left the band as he felt it was time to face his demons - alcohol and sexual abuse. He talked and sang about how music and his family have been his saviour and how music in particular has allowed him to share and express his feelings and emotions.

The final morning of the conference was led by Amanda Weber, a “success” coach and “happiness” guru. She provided the group with stories and strategies to deal with our busy stressful lives. She talked about the importance of fostering your inner strength and wisdom and how to deal with those reactions and emotions that can deflate and hijack success and happiness.

This was my first principals’ conference and it provided me with an opportunity to meet and express my appreciation to our senior administrators for the wonderful job they are doing for our students.