

GROW WELL, GROW DEEP

LESNW Board Chairs and Principal Companions

19 February 2025

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The need to invest in principal growth and wellbeing

Dr Adam Fraser, peak performance researcher, author and consultant, provides some insight into the work and life of school leaders.

'What school leaders have in common is they have a suit of armour that they pull on each day to go to work. While this armour protects them, it is a heavy burden to carry. Its maintenance requires them to push themselves constantly, to overwork, to overcommit and to feel guilty about taking time for themselves or their family. You could say that in some ways, school leaders are too devoted, too resilient and too optimistic for their own good.'

'We need to protect school leaders not because they are weak but because they are too strong.'
[2024 – The Flourish Movement]

The Principal Growth and Wellbeing Strategy (2024), promotes the conditions and resources providing positive health and performance outcomes for learning community leaders. The strategy recognises the Board Chair and the Principal Professional Companion as significant stakeholders in principal growth and wellbeing. Thank you for the work you do. As you serve to support and resource your learning community leader, LESNW is committed to resourcing your own learning too.

You are invited to **'Grow Well, Grow Deep'** - a professional learning opportunity addressing head-on, the most significant factors challenging the growth and wellbeing of learning community leaders. Further, the day will celebrate and explore the roles and practices of the Chair and Professional Companion, towards enhanced leader growth and wellbeing.

[REGISTER HERE](#)

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175 Archer Street, North Adelaide

Craig Fielke
LESNW Executive Director

David Wilksch
LESNW Principal Growth Director

MIKAERE (MIKE) GREENSLADE PROFESSIONAL SUPER-VISOR

Following a career in education, firstly as a teacher, then as a chaplain, counsellor and leader, Mikaere now works with leaders throughout Australia and Aotearoa – New Zealand. Specialising in Professional Supervision (including mentoring, professional companionship and coaching), Mikaere has clients in educational leadership, ordained ministry and pastoral care, medical practice and management, and counselling.

Utilising his training and practice, Mikaere provides bespoke models of support and engagement for his clients, walking with them as they lead, progress their careers, and develop and maintain their own strategic wellbeing goals.



As well as his private practice, speaking at conferences and leading workshops has unintentionally become a 'thing' for him this last decade. He has been a keynote speaker for a wide variety of groups in Australasia and the UK. Mikaere is also an Adjunct Fellow in the School of Health Sciences, University of Canterbury, providing support to the teaching programme in the Masters of Counselling.

Born in Aotearoa, Mikaere can trace his whakapapa back to the eleventh century as a direct descendant of Robert de Greenslade, a small landowner in Devon who made a one-line entry in the Domesday book! He also recognises his varied ancestry from Northern Europe and also West Africa via Jamaica.

Mikaere is domiciled in Ōtautahi/Christchurch with his wife Robbie Cave, his son and daughter-in-law, and one cat that rules them all. He loves cycling, hazy IPA and reading almost everything. He listens to jazz, prog rock and kiwi reggae, but finds country and western less appealing – excepting Johnny Cash.

PROGRAM

19 February 2025 (follows a program for principals and directors scheduled for 17-18 February)
LLL 157 Archer Street, North Adelaide

- 9.00am **Coffee and Conversation**
- 9.30am **Devotion and Introduction** – David Wilksch, Principal Growth Director LESNW
- 10.00am **PRINCIPAL GROWTH AND WELLBEING** – Mikaere (Mike) Greenslade
Knowing myself so I can support the learning community leader - modelling a growth mindset as a foundation for companionship
- 11.00am **Morning Tea**
- 11.30am **Unpacking the primary tasks of the Professional Companion / Board Chair**
- Listening skills 101 - how to be authentically present
 - Securing safety - what are the foundations needed for ethical support?
 - Boundary setting - establishing the field of work
- 1.00pm **Lunch**
- 1.30pm **Unpacking the primary tasks of the Professional Companion / Board Chair**
- Ongoing skill development – companions for companions! How do I best sustain myself so that I can support others?
 - Self-Reflective practice - What can we learn from the neuro-science and those who have gone before us?
- 3.00pm **Afternoon Tea**
- 3.30pm **Journal, Reflection, Learnings** – Jane Mueller, Governance Leadership Director
- 4.15pm **Close**