

GOING BEYOND BALANCE TO IGNITE PASSION AND THRIVE

There's no question that today's professionals face challenges on the job with ever-increasing demands that lead to stress and put us all at risk for burnout. Activities professionals often define themselves through servant leadership, tending to put others' needs above their own and even end up sacrificing much of their personal time for their careers. This session will inspire professionals to examine where they are pouring energies and draining themselves out as well as where they can make room to reignite flames in their lives that have fizzled. A critical outcome from this session is for participants to see that they can be the best versions of themselves by seeking balance at home, work, and life. Attendees will leave feeling relaxed as well as empowered to take intentional steps toward a more fulfilling focus on all aspects of their full lives.



Sarah Johnson

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ABOUT SARAH JOHNSON

Sarah Johnson has served as an educational leader in Northwestern Wisconsin since 2003. She is a former English teacher and elementary, middle, and high school principal turned author, podcaster, and professional speaker. She is an adjunct professor for Viterbo University in the Educational Leadership Department and a supervisor of student teachers for edu-CATE-WI. Sarah authored *Lead with Faith* (2019) and co-authored *Balance like a Pirate: Going Beyond Work-Life Balance to Ignite Passion and Thrive as an Educator* (2018). She holds a certificate for Women in Leadership from Cornell University and is pursuing district administrator licensure. She lives the balance message in her own life by maintaining the running streak she has held since July 11, 2014, networking, teaching, and learning across the country, enjoying dance parties with her two young daughters, leading worship at church, and keeping fresh with classroom triumphs and challenges with her teacher and coach husband.