

# Self Care for Administrators: Your Brain is Not the Boss

## AA #3795

**Cindy Gibson, Christan Schrader & Allison Wilhelm**

**Friday, July 15, 2022 - 8:30am - 2:00 pm**

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The purpose of the academy is to provide school leaders the opportunity to reset their focus to a place where they can lead with intent and purpose. Specific strategies and resources will be shared to assist leaders in letting go of the stressors of the current reality where self preservation and burnout are increasing. Participants will have time to reflect on their “why” and develop action plans to move forward and reset their confidence and build healthy habits focused on core values. A focus of this academy will be to build new habits of self care and self preservation so you can lead effectively.

### Objectives

- a. Participants will understand 11 areas for cultivating personal and professional growth.
- b. Participants will identify their core values and set boundaries for their work and life.
- c. Participants will understand how their personal mindset can cultivate resiliency and shape their personal wellbeing and impact on school culture.

**Target Audience:** Administrators, Mentors and Teacher Leaders

1 Administrator Academy credit

\*Administrator Academy credit will be offered for \$15.

\*\* If you do not want to earn an Administrator Academy Credit, you can earn 6 CPDUs at no charge.



Presenter:  
Cindy Gibson

Cindy Gibson has worked 22 years in education. She began her career as a school social worker before becoming a special education coordinator at the LaSalle Putnam County Educational Alliance for Special Education (L.E.A.S.E.). In 2015 she moved to the Black Hawk Area Special Education Cooperative (B.H.A.S.E.D.) continuing to provide assistance to district staff. Besides providing support to four districts and eight schools, Cindy presents on a variety of topics to districts and professional organizations, she is the liaison for the cooperative’s psychologists and social workers, a CPI instructor, PBIS external coach, liaison for a residential program, and alternative school. Cindy’s passion is to provide and support a positive learning environment as well as promoting a positive work life balance.

Cindy received her Master’s in Social Work and Master’s in Administration in Educational Leadership from Aurora University. She is a member of Illinois Alliance of Administrators of Special Education and Illinois Association for School Social Workers. She has raised four boys, and currently lives in Colona, IL



Presenter:  
Christan Schrader

Christan Schrader has been working in education for 22 years. She began her career as a speech language pathologist before transitioning into administration. Christan has served as a special education coordinator, an assistant director, and a director of special education. She has been the director of the Black Hawk Area Special Education District for the past 6 years.

Christan earned a Master's degree in Communication Disorders from Northern Illinois University, a Master's degree in Education Administration from Western Illinois University, and is currently working on her Education Specialist degree from Western Illinois University. She is a member of the American Speech Language Hearing Association (ASHA), the Illinois Alliance of Administrators of Special Education (IAASE) and the Illinois Association of School Administrators (IASA). She is a board member of the Illinois Special Education Leadership Academy (ISELA) and serves on the ISBE Infinitec Assistive Technology Advisory committee.



Presenter:  
Allison Wilhelm

Allison Wilhelm has been working in education for 11 years. She began her career as a school social worker before becoming a student service lead at the Mississippi Bend Area Education Agency in Bettendorf, Iowa. In 2016, she moved to the Blackhawk Area Education Agency (BHASED) in East Moline, Illinois. As a special education coordinator, Allison provides support to three districts and five schools and directly supervises and leads the Occupational Therapy and Physical Therapy department for the agency. Additionally, she presents on a variety of topics to districts and professional organizations, she is a CPI instructor, and PBIS external coach.

Allison earned a Masters in Social Work from University of Illinois at Urbana-Champaign, attended University of Iowa to obtain her Professional Service Administrator endorsement, and attended Concordia University Chicago to obtain her Director of Special Education Endorsement. She is a member of Illinois Alliance of Administrators of Special Education and Illinois Association for School Social Workers.