

CoachED UPDATE

DECEMBER 2021

Enhancing the quality of conversations in education communities

Short Read

TIME TO READ: 3MINS+

TIME AND HOW WE LIVE WITH IT

It's been another unpredictable year, and many of us are glad to see a time ahead when we can take a break for the holiday season. In the southern hemisphere, that's a long summer break which brings a finish to the school year; in the north, it's not so long, and there's no finish to the school year just yet. However, whether your break is long or short, there is something good about ruling a line under 2021 and looking toward 2022 as a new beginning.

The media tells us that the 'Great Resignation' is taking place with many people reassessing how and where they might work, and what they might work on, in the new post-pandemic world, whenever that arrives! If your reflections on your working world have not been quite that dramatic, it does seem that many of us have done some form of rethink about priorities, focus and time commitments. I had a rather significant birthday this year, which led to deeper soul searching than usual. That soul searching led me to discover a fascinating and different book on time management, *4,000 Weeks: Time and How to Use It* by Oliver Burkeman. Now, I have tried just about every time management and personal productivity system going around and pretty much failed at all of them. This book, however, is different from just about anything else I had encountered on this topic. As one reviewer commented, "...instead of offering new tips on how to cram more into your day, it questions why we feel the need to...". The more significant questions about time and our relationship to it that this book posed were profound and a bit disturbing for me, as someone who, according to the author's calculations, only has about 520 of those allocated 4,000 weeks left!

So as the year ends and we close it off and head into another I thought you might find some of the questions that this book puts out there worth reflecting upon. In one of the later chapters, after pretty much avoiding time management techniques and strategies throughout the book, the author Oliver Burkeman, put together a

list of five challenging questions to provoke thinking about time and our relationship to it.

1. "Where in your life or your work are you currently pursuing comfort, when what's called for is a little discomfort?"
2. "Are you holding yourself to, and judging yourself by, standards of productivity or performance that are impossible to meet?"
3. "In what ways have you yet to accept the fact that you are who you are, not the person you think you ought to be?"
4. "In which areas of life are you still holding back until you feel like you know what you're doing?"
5. "How would you spend your days differently if you didn't care so much about seeing your actions reach fruition?" (Burkeman, 2021, pp. 20-225).

You might find it helpful to devote some time to these provocative questions over the coming break. Then again, perhaps the most beneficial thing you might do over this break is spend time in the sun – or curled up by the fire - relaxing with the latest page-turner. So enjoy the coming break time however you choose to use it!

Reference

Burkeman, O. (2021). *4,000 Weeks: Time and How to Use It*. Penguin.

Resources



Curious Convos

Last month's **Curious Convos** webinar was a big success. It featured Chris Munro, GCI Executive Director, Professor Rachel Lofthouse, Dr Jim Knight, and Professor Christian van Nieuwerburgh discussing **Instructional Coaching: Balancing Inquiry and Advocacy**. If you missed it, you can catch the recording of the session [here](#).

Upcoming Courses



TWO NEW ONLINE COURSES COMING UP TO KICK OFF 2022!

• **Introduction to Leadership Coaching Online Intensive**

We offered this intensive online format in January 2021, and it was so successful that we are offering it again in 2022, at the same time, and in the same intensive format.

TELL ME MORE For more information and to register visit the link [here](#)

• **Online Coaching Accreditation Program with Professor Christian van Nieuwerburgh**

Our flagship course, first offered in 2005, was made available in an online format in 2021. We were delighted with how educators from more than seven countries came together to create a rich learning environment. Read about what they said about their experience [here](#). Our next cohort commences in January 2022.

TELL ME MORE For more information and to register visit the link [here](#)

Complimentary Professional Learning



CURIOS CONVOS TO RETURN IN 2022

Watch for our next **CoachED Update** in early 2022 where we will have news about our **Curious Convos** webinar series for the entire year!




7TH COACHING IN EDUCATION CONFERENCE

Connect with us on social media
#CoachED2022



GOING GLOBAL: CELEBRATING INTERNATIONAL PERSPECTIVES

1 & 2 March 2022

Next year will see our 7th Coaching in Education Conference go online for the first time!

The conference has as its theme **Going Global: Celebrating International Perspectives**, and it is this global perspective that is one of the big pluses of hosting an event of this kind virtually.

KEYNOTE SPEAKERS

Professor Dianne Vella-Brodrick
Gerry Higgins Chair in Positive Psychology, Deputy Director and Head of Research at The Centre for Wellbeing Science, University of Melbourne (Australia)



Professor Ellie Drago-Severson
Professor of Education Leadership and Adult Learning & Leadership, Teachers College, Columbia University (USA)



Dr Jim Knight
Senior Partner, Instructional Coaching Group and Research Associate, University of Kansas Center for Research on Learning (USA)



Dr Mark McKergow
Co-Director of The Centre for Solutions Focus at Work (UK)



FULLY ONLINE PROGRAM AVAILABLE IN MULTIPLE TIME ZONES



Conference Website & Full Agenda Now Available ([click here](#))

Early bird rate ends 17th December 2021
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