



Heart-Centered Leadership

Time in Nature

Gratitude

Life-Long Learning

Celebration



Heart-Centered Teaching Inspired by Nature offers readers ways to use connections with nature to find strength and inspiration for their personal journeys so they can bring their best selves to their work with children. As author Nancy Rosenow describes, it is a guide to supporting children from "...a place of love for each other and a place of awe and appreciation for the wonders of the world around us." This quick read is filled with heartwarming photos and engaging ideas for making teaching more joyful and effective.

Qualities and Values

Quality: Dictionary definition = an essential or distinguishing characteristic, property, or attribute.

Value: Dictionary definition = a principle, standard, or quality regarded as worthwhile or valuable.

In the context of Leading from the Heart, a quality or value is the attribute that, were we more in touch with it, would assist us in taking our next steps as individuals or as a collective group. This applies to how we relate with other team members, with our clients and people we serve, and with ourselves.

Suggestions for using quality cards

- Select a quality each day. How do you relate to it? What value does it have for you? How can it support you in your endeavors? Use this quality as a focus throughout the day and reflect on how it impacts your experience.
- Pick a quality at the beginning of a new cycle, or a new venture. You can pick one with a particular task in mind, a challenge to overcome, or to simply give you direction to focus on for a particular period of time.
- In team meetings, pass the cards around, have each person select one and share how they relate to the quality selected. Ask them to consider what opportunities exist for them with this quality.
- Ask team members to select a quality and reflect on it for a full month, sharing during team meetings or in some other way appropriate.

Sample Qualities and Values

Abundance	Creativity	Gentleness	Laughter	Risking
Acceptance	Delight	Giving	Learning	Self-care
Adventure	Determination	Grace	Liberation	Sensitivity
Assertiveness	Dignity	Gratitude	Light	Serenity
Attunement	Discernment	Happiness	Loving	Service
Authenticity	Discovery	Harmony	Mindfulness	Simplicity
Awareness	Education	Healing	Openness	Spontaneity
Balance	Efficiency	Heart	Patience	Steadfastness
Beauty	Empowerment	Honesty	Peace	Surrender
Birth	Encouragement	Humility	Perseverance	Synthesis
Bountiful	Endurance	Humor	Playfulness	Tenderness
Calm	Enlightenment	Independence	Preciousness	Tranquility
Caring	Enthusiasm	Initiation	Presence	Transformation
Clarity	Expansiveness	Innocence	Purity	Trust
Commitment	Exploration	Inspiration	Purpose	Truth
Communication	Faith	Integrity	Radiance	Understanding
Compassion	Flexibility	Intention	Respect	Vigilance
Cooperation	Forgiveness	Intuition	Responsibility	Willingness
Courage	Freedom	Joy	Revelation	Wisdom
Co-creation	Generosity	Kindness	Reverence	Wonder