

Authentic Leadership: The HEART Model

A SEL-based approach

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Goals



Demonstrate SEL best practices



Reflect on SEL strategies within your context



Learn and reflect on Authentic Leadership practices



Self-awareness

- Understand links between personal and sociocultural identities

Self-management

- Regulate emotions, behaviors, and responses

Social-awareness

- Take the perspective of others

Relationship skills

- Establish and maintain healthy relationships

Responsible decision-making

- Ability to make caring, constructive choices about personal behavior and social interactions

Which of the 5
CASEL
Competencies is a
growth area for
your leadership?

Brene Brown (2018)

Who we
are is how
we lead.



Authentic Social-
Emotional Leadership:

The **HEART** Model



AUTHENTIC LEADERSHIP

H

- Honesty

E

- Empathy towards Equity

A

- Accountability

R

- Reflection

T

- Trust

Honesty

Self-Awareness

In what ways are you authentically living and demonstrating your core values within your leadership?

Empathy
towards

Equity

Social-
Awareness

In what ways do you consider, reflect and connect with the perspectives of people who differ from you?

A

ccountability

Responsible Decision- Making

In what ways are you accountable to your school community by providing access points for those furthest from power?

Reflection

Self-Management

In what ways do
you answer your
“why” each day?

Trust

Relationship Skills

In what ways do you demonstrate trustworthiness?

What are
your next
steps?

Write at least two
CONCRETE next steps
to embed the HEART
model/SEL
competencies within
your leadership practice.