

THE Heritage R Factor

“Rep Sessions”



In Lieu of a book talk this spring, we will be conducting R Factor “rep sessions”. $E+R=O$

(R) We will hold after school sessions for staff to work together on enhancing leadership skills by practicing R Factor disciplines. We will discuss common scenarios and develop Above the Line “R”s to get the “O” we want.

We will use this time to practice our skills of the R Factor Disciplines so they become habits. **(O)**

We will be utilizing the R Factor workbook and worksheet to spend time building skill in each area.

(E) R Factor “Rep Sessions”

- R Factor 1 - Press Pause
- R Factor 2 - Get Your Mind Right
- R Factor 3 - Step Up
- R Factor 4 - Adjust and Adapt
- R Factor 5 - Make a Difference
- R Factor 6 - Build Skill

Staff will become better equipped to respond Above the Line in a variety of situations. This directly supports the district VBO's and our building VBO's. This will assist us in the creation an ELITE culture and will keep us moving and striving for ELITE instruction.

Our E (event) is the rep sessions +Our R's (will be created in our work sessions)=
Our O (outcomes) will be to make the R Factor Disciplines habits, build skill to consistently respond ATL and continue to pursue ELITE culture and instruction.

6 Sessions held from 2:20-3:20pm in the Media Center. CEU's available by signing up in PD Express. I will share the link to sign up as soon as it becomes available.

1st Meeting will be Feb. 10, 2016. We will decide other dates at the first meeting.