

Surviving and Thriving!



May 8, 2025

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Surviving and Thriving!

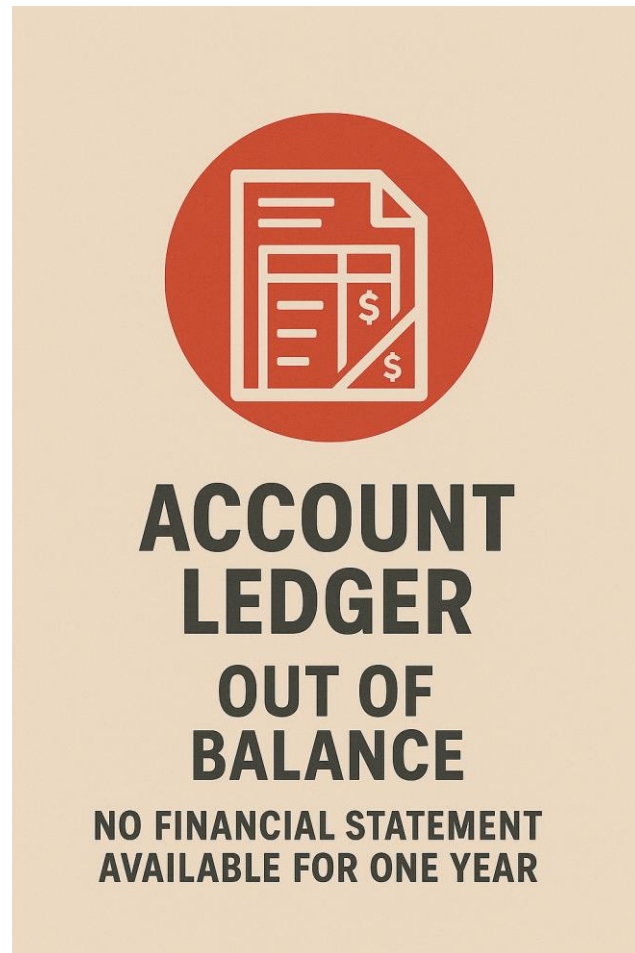


Student Records



July 31, 2000

Finance Department



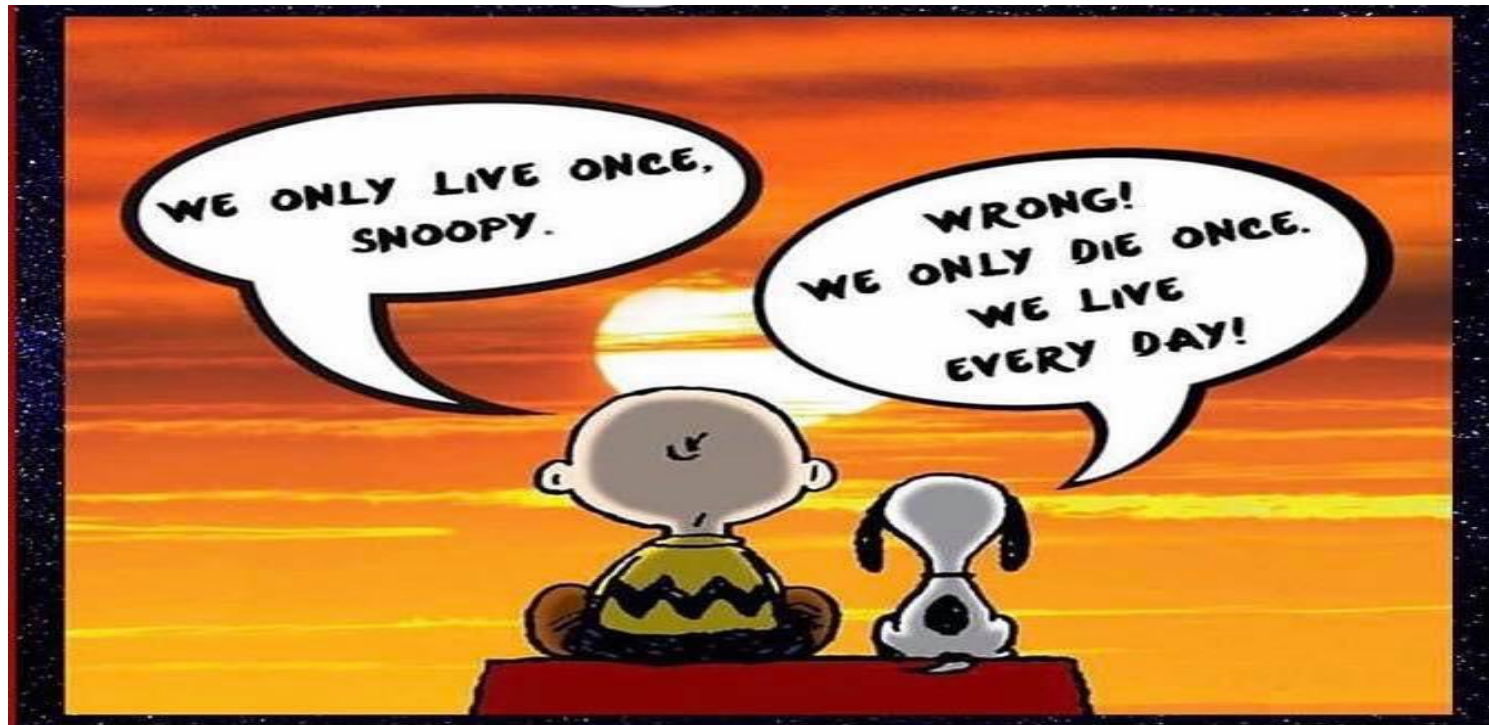
July 31, 2000





Last Day of School





Surviving and Thriving!

“My mission in life is not merely to survive, but to thrive...” – Maya Angelou



The Journey of Our Roles

- Balancing work, family, and personal
- High-stakes workloads
- Wearing many hats
- Adapting to constant change
- Celebrating quiet victories

Unsung Heroes of Education

- You are part of the 'hidden half' of school staff
- Essential to student success
- Your impact is powerful—even if unseen

You Make a Difference

- Accurate budgets fund learning tools
- SIS data guides student support
- Your work empowers teachers

Real Results: Georgia's Success

- Georgia's graduation rate: 85.4%
- Georgia's CTAE graduation rate: 98.3%
- These numbers reflect YOUR work

Not All Heroes Wear Capes

- Quiet
- Do critical work
- We see and celebrate you

Not All Heroes Wear Capes

“In our world of big names, curiously, our true heroes tend to be anonymous.” – Daniel Boorstin

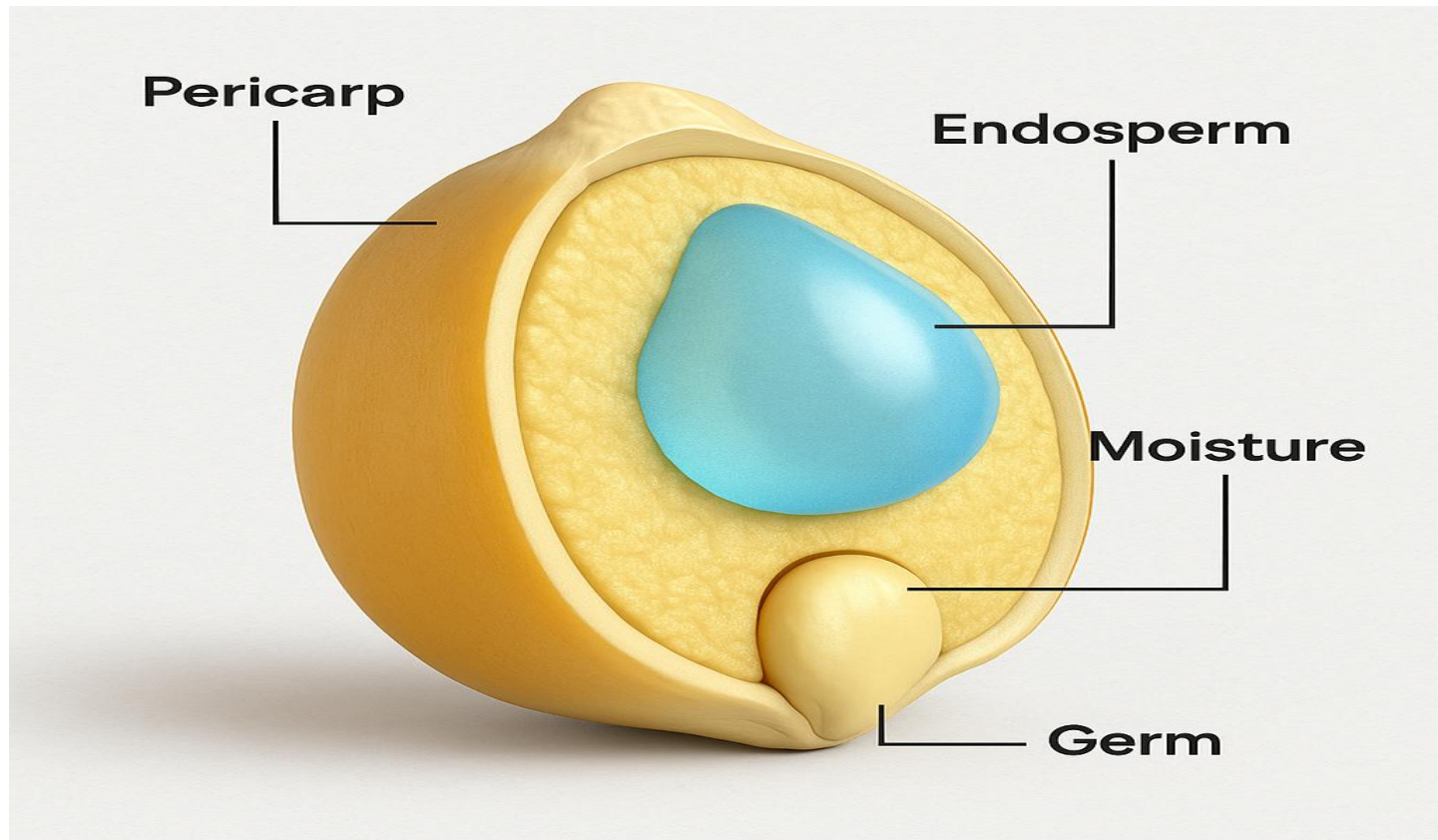




Surviving the Storm



Surviving the Storm



Surviving the Storm



Surviving the Storm

- Burnout is real
- You are not alone
- Acknowledge and address stress

Thriving Through Self-Care



Thriving Through Self-Care

You Cannot Pour From An Empty Cup

In order to effectively take care of others, we must first take care of ourselves.

Thriving Through Self-Care

- Practice whole person self care, physical, emotional, and spiritual
- Drink enough water/Eat healthy
- Stand/move 20-30 minutes every day
- Keep a journal

Thriving Through Self-Care

- Self-care is necessary, not selfish
- Small habits = big changes
- Set boundaries for balance

Thriving Through Self-Care

Find avenues to vent



Resilience: Your Superpower

- “A hero is an ordinary individual...” – Christopher Reeve

**No Matter what life sends your way;
Get UP,
Dress UP,
Show UP, and
Never Give UP!**

Resilience: Your Superpower



Practical Tips to Thrive

- Connect with peers
- Celebrate wins
- Know your **Who**
- Know your **Why**
- Make your **Why** your North Star
- Start a **Wall of Hope**

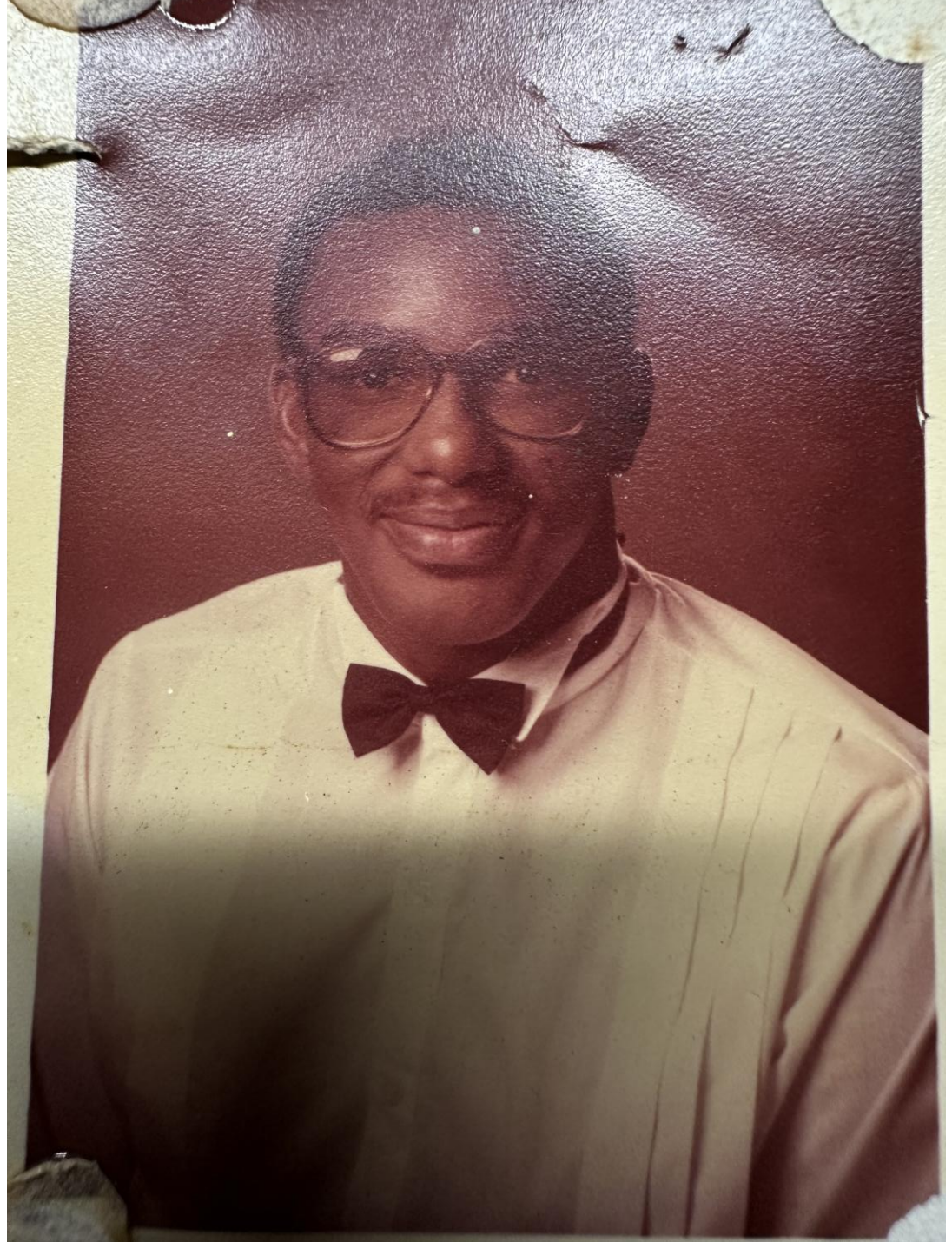
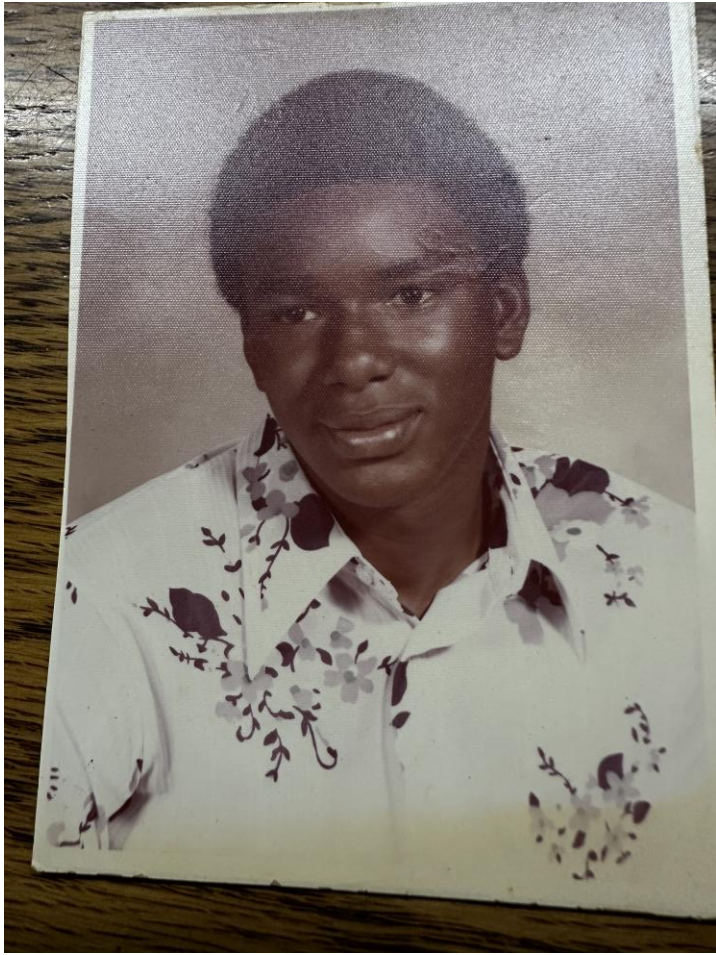
Who



Who







Who



MY Why



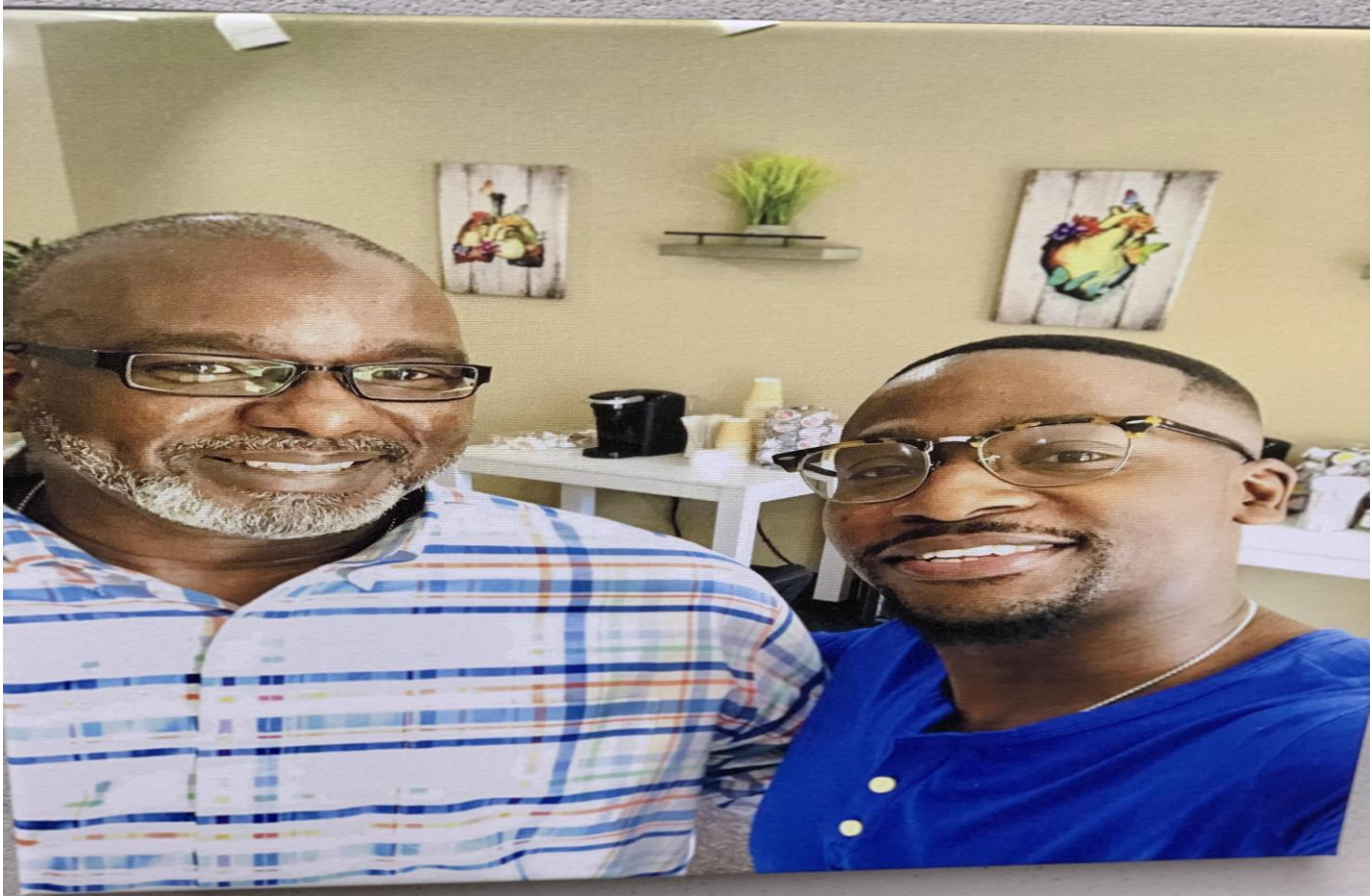
Remember Your Why



MY Wall of Hope



MY Wall of Hope



Together We Thrive

- GAINS is your community
- Share, support, uplift
- Reflect. Reconnect. Reaffirm your purpose.
- We rise together

Celebrate Your Impact

- "Teachers and support staff are our greatest assets."

Keep Thriving, Georgia!

- Thank you for all you do!
- Keep surviving. Keep thriving.