



## SUPPORT FOR SUPPORTERS (SF)

October 24, February 6, April 17 | The Bay School of SF

The position of Administrative Assistant to the head of school or division head is a unique, complicated, and demanding one, requiring a high degree of professionalism as well as a complex combination of exceptional interpersonal skills, technology know-how, and the ability to manage and track several projects and events simultaneously. Because the position requires maintaining a high level of confidentiality, those in it can feel particularly isolated from others in the school. This program offers a small, confidential, and welcoming environment designed to foster connection, learning, support, and dialogue with peers who share similar experiences and challenges.

Along with guest speakers and readings, there will also be time to problem solve, share know-how and resources, request practical feedback or suggestions, or just simply laugh about our jobs. Each meeting will focus on a different theme and will include a guest speaker.

This year's meetings will be framed around 3 central themes:

- Time management, work/life balance
- Difficult Conversations
- Tech conundrums and solutions

Visit [sfors\\_catdc2017.eventbrite.com](https://sfors_catdc2017.eventbrite.com) to REGISTER!

### FACILITATORS



**KATHERINE PRESTON**, licensed Marriage and Family Therapist, has been a practicing psychotherapist for over twenty years. She is currently the mental health consultant for the San Francisco Friends School and she teaches lifespan development and family systems theory at Sofia University in Palo Alto.



**VIOLET BOROWSKI**, joined the San Francisco Friends School in 2012 as Assistant to the Head of School. She is a graduate of CSU San Bernardino and has worked in the field of education for over eight years. She made San Francisco her home in 2005 and has worked as a kindergarten assistant teacher, as well as an Executive Assistant for PACT, an educational nonprofit specializing in free collegiate assistance to underprivileged youth.

**QUESTIONS?** Contact us at [info@catdc.org](mailto:info@catdc.org)