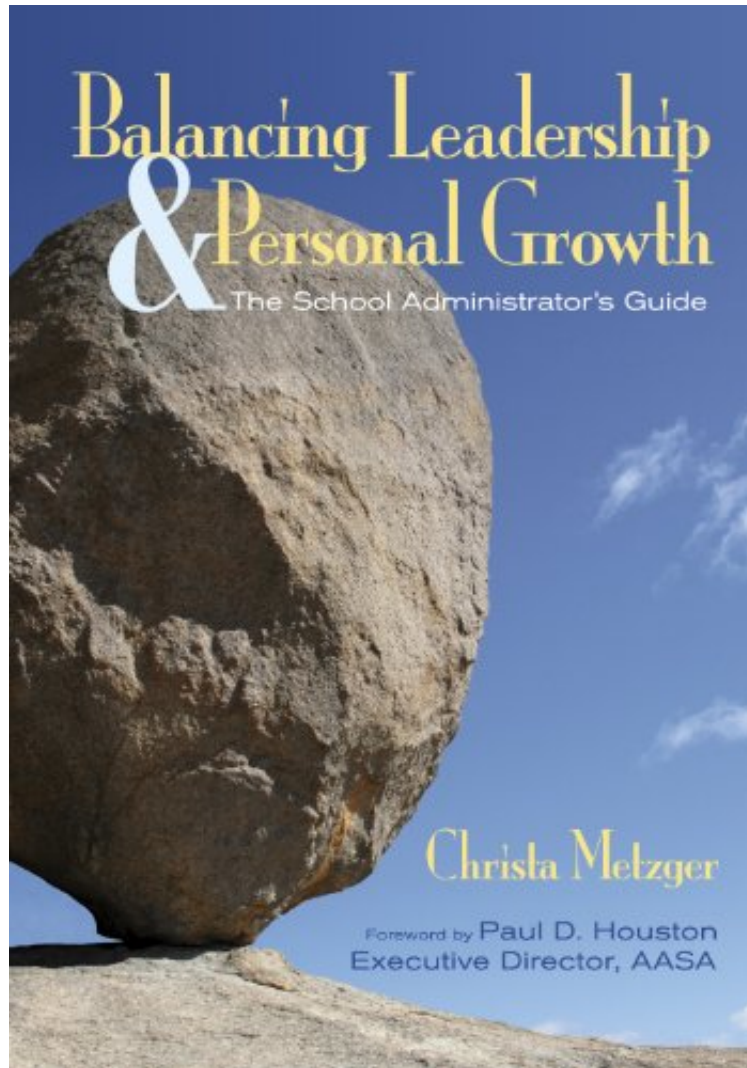


Balancing Leadership and Personal Growth: The School Administrator's Guide

Christa Metzger

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Promote strong teaching and learning while maintaining personal leadership development and growth! Author

Christa Metzger provides strategies to enrich your leadership practice while helping you balance the personal aspects in your life that can become neglected when facing too many professional pressures. Highlights include: Finding balance, self-actualization, personal improvement, values, inner focus, and strong relationships Nourishing your spirit, finding time for solitude and meditation, and cultivating relationships Fulfilling your purpose as a leader and finding meaning as a person

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Christa has been a teacher and school administrator for over 25 years in Germany, Arizona, and California. She was a school district Superintendent for 10 years before coming to California State University, Northridge as a university professor. Christa has been actively involved on many state and regional boards and has held leadership positions in community and professional organizations, including a term on the Phi Delta Kappan editorial board. In 1990, she was awarded the "All Arizona Superintendent" award by the Arizona School Administrators' Association. Christa has published numerous articles and conducted research in areas related to educational administration, in particular on how school leaders keep a balance between their personal and professional lives. She has made many presentations and conducted workshops for school administrators, university faculty and others. She has led meditation in her church for over ten years. Recently she formed a group of artists, musicians, and writers who conduct workshops on Creative Paths to Spirituality: Exploring Your Journey from the Head to the Heart. Christa lives with her architect

husband, Hank, on their 42 foot sailboat in Marina del Rey, California. They have a home in North Carolina where they plan to retire in a few years. nbsp;