

# You're Not the School Helper.

## Reclaiming Your Time as a Coach |

### Episode 254

**Elena:** If you've ever stared at your packed calendar and thought, there is no time for my priorities, then this one's for you. Hi friends. I'm Elena Aguilar and this is the Bright Morning Podcast in video form. Every week I will help you lead coaching conversations that build connection and spark real change.

Hello friends. Welcome to the Bright Morning Podcast. I'm your host Elena Aguilar, and in each podcast episode, you'll learn how you can lead conversations that build connection and spark change. Today's episode is for anyone who's ever looked up from a whirlwind of tasks and thought, wait, when do I actually coach?

Maybe your calendar's packed. You're saying yes to everything. You're running around supporting teachers, covering classes, attending meetings, laminating, anchor charts. And coaching that's happening in the cracks. If you feel like you're playing the role of helpful teammate more than transformational coach, then this episode is your invitation to pause, recalibrate, and reclaim your time.

So let's start by naming the problem. Your schedule is running, you. You didn't design it, you inherited it, or you just started reacting to needs as they popped up. So here's the real question. If I looked at your calendar, would it reflect your values? Would it reflect your purpose? Would it reflect the impact that you want to have now?

If not, just know that you're not alone. Many coaches start the year without a clear weekly plan and they think, I'll figure it out once I know who I'm coaching, or I wanna be flexible. But flexibility without intention leads to reactivity. And reactivity burns us out and dulls our impact. So here's the trap.

We think that being helpful means being available. We think that saying yes means being supportive. We confuse productivity with effectiveness. So we fill our days responding to everyone else's priorities at the cost of our own. And I have seen this over and over, amazing coaches doing all the things for everyone else, and then wondering why they are exhausted and not seeing growth.

So the answer isn't more hours, it's more alignment. Let me tell you about a story. In my first year as a coach, I was everywhere. I made copies, I put up bulletin boards. I sat in



on just about every meeting. I translated for parents, and I created lesson plans late into the night. I was really busy. Some teachers liked me, but I didn't feel like a coach.

Worse. I didn't feel like I was making the impact I wanted to. One day I sat down and I looked at how I spent my week, and I saw how little time was actually devoted to the coaching cycle, to planning, observing, debriefing and reflection, and there was even less time for my learning and my growth. So I did something that changed everything.

I started by creating an ideal weekly schedule, and I built in time for actual coaching and time to plan, and time to reflect, and time to meet with my principal, and I shared that schedule. I got feedback and I revised it, and then I committed to it, and within about two weeks, everything shifted. I had so much more energy.

My conversations were way more impactful and I felt like a coach. If you are ready to take back your time, then I wanna encourage you to dive into our skill session called Determining Your Weekly Schedule, and you'll find that in the Coach Learning Library. So in this skill session, you will learn how to design a schedule that reflects your values and your purpose.

You'll also learn what the highest leverage coaching activities really are. You'll learn how to navigate unknowns, like not knowing who you're coaching yet. That can be a really common one at the beginning of the year, and you'll also learn how to communicate your schedule and defend your schedule with your principal.

So this skill session in the coach Learning Library also gives you sample site-based and central office schedules. Which can help you think about your own or maybe inspire your own schedule. I wanna be really clear about something. This skill session is not about time management. It's about energy alignment, and it will transform how you show up as a coach.

It will transform how you feel about yourself in your job. Okay, so I've got a challenge for you for this week. My challenge is set aside 30 minutes to draft your ideal weekly schedule, even if you don't have all the details yet, even if you're not sure who you're coaching. Even if you're not sure if your principal will approve of it, start with your priorities.

What do you want your time to reflect? And then take the next step. Share it. Maybe start by sharing it with a peer or friend or another coach that you know, or maybe share it with your principal. Now, if you are a Learning Library member and a member of our PLC, then share it in the online community.



I would love to see it. By sharing it, you can get feedback and then iterate, because when your time reflects your vision, your coaching becomes more powerful. And your work becomes more sustainable. All right, I wanna close with one big idea. Your time is your most precious resource. Your time is your most precious resource, and if you don't claim it, someone else will.

So be proactive, be intentional, and build a schedule that reflects and that honors your purpose.

Okay. In the show notes, you will find a direct link to the Coaching Learning Library skills session called Determining your Weekly Schedule. Now if you are already a subscriber of the Learning Library, then this session is waiting there for you. And if you are not yet a subscriber, then this is one of those moments when joining could change the trajectory of your year in the Learning Library.

You get to have my guidance on demand. You also get a community of folks to practice and problem solve with every month, all year long. I really believe that the Learning Library and the PLC could make the difference for you between surviving and thriving this year. Okay. In the show notes, you will also find a link to our upcoming free community webinars.

Thanks for watching. If this video sparked something for you, then give it a like and share it with a colleague, and I would love to hear your thoughts or your questions. And so feel free to drop those in the comments.

And don't forget, this episode is part of our weekly podcast, so subscribe and then you will not miss a single episode. I'll see you next time.

Friends, if you appreciated today's episode, would you please share it with someone who you think might benefit from it and or you could hop over to Apple Podcasts and leave a five star rating and review, and that helps other people discover our show. Also, if you love this show and you wanna watch me record every episode, then guess what?

You are in luck because the podcast is now on YouTube. So check out the show notes for a link to this episode in video form and then subscribe to our channel. Okay folks, LesLee Bickford is the podcast producer and Stacey Goodman does the sound engineering and take care and be well, everybody.

