

FACULTY



For Every role in Education.

**The
Equilibrium
*perspective***

FROM THE EDITOR

May has a way of feeling like both a marathon and a standstill. We are close enough to the finish line to feel it, and that makes the temptation to just go through the motions very real. The routines feel worn thin. The energy shifts. It can feel like everyone is just waiting for the clock to run out.

This session invites you to do something different. Stop counting the days.

Instead of winding down, we are using May as a moment to reset with intention. Inside these pages, you will find what has already made this space meaningful, along with something new. Opportunities to reflect honestly on the school year through prompts that ask you to pause and actually process what these past months have held. Space to think forward and begin planning for a productive summer, one that serves you rather than slips by unnoticed.

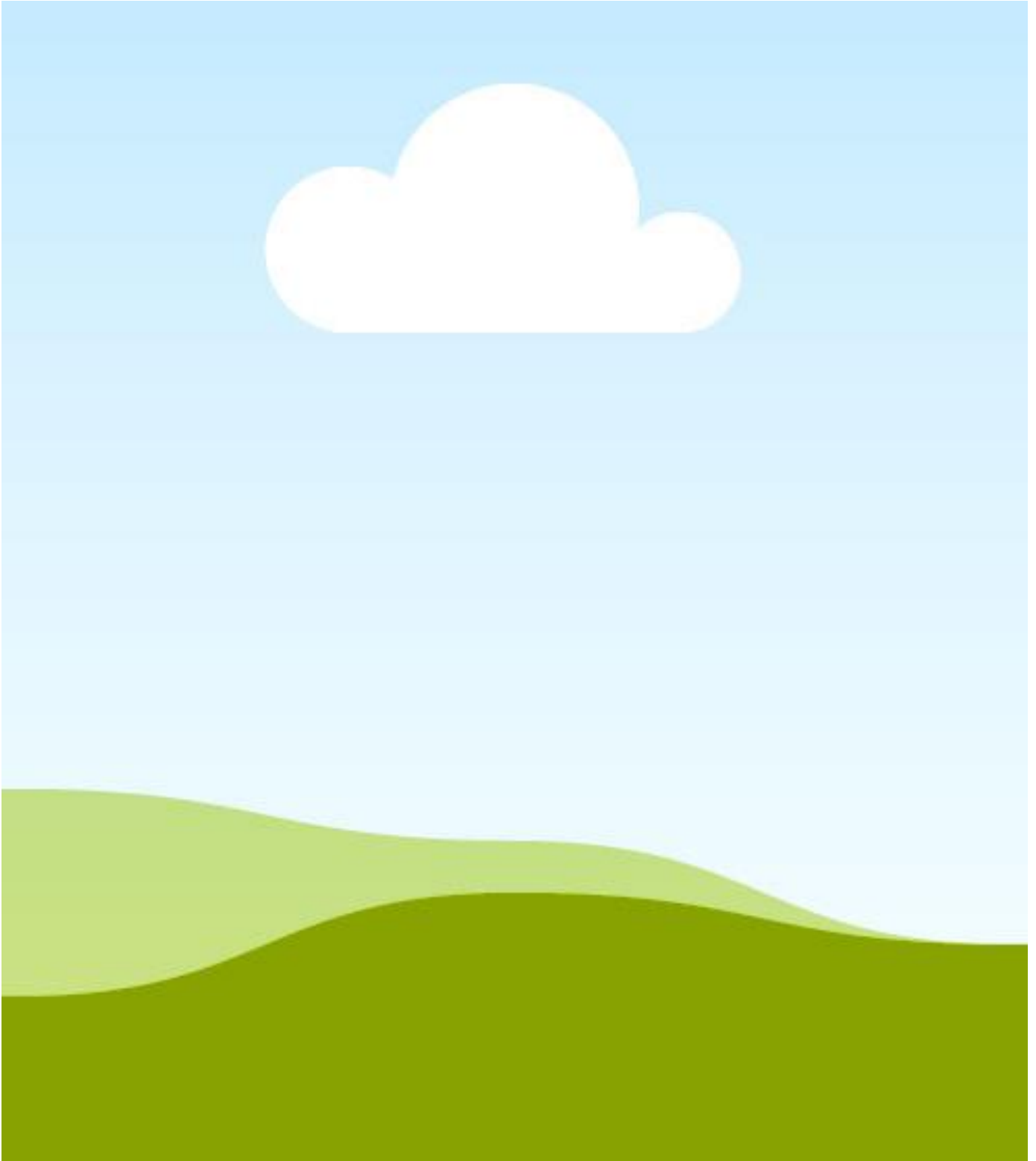
This month also carries the weight and importance of Mental Health Awareness. That is not something separate from our work. It is woven into it. The way we show up, the way we reflect, the way we choose to move forward all matter here.

We still believe in holding the room by loosening our grip. In stepping back so students and staff can step in. In trusting the foundation that has been built all year and giving people the space to use it in ways that are real, imperfect, and sometimes unexpected.

The moments that last are rarely the perfectly planned ones. They live in the honest conversations, the small risks, and the times we allow things to unfold without forcing them.

So as you move through this month, stay open. Reflect with honesty. Plan with intention. Take care of yourself in ways that actually count.

Jose A. Meza Jr.



There's no right or wrong way to approach this, only an invitation to be present. I made this to be sat with, not solved. Take a moment and let your eyes settle where they want to. Whatever meets you here a word, a feeling, a memory is enough. There's no need to define it. Wherever your heart /mind wandered, good or bad, you've made it here and together we will get through.

CATALYST

The last month of the school year has a heavy pull all its own. You can feel it in the hallways as students purposely move slower and the staff carries the collective weight of the last ten months. The energy often feels flat, and the temptation to just coast to the finish line is real. But there is a different way to handle these final weeks. Instead of just going through the motions, we can treat this time as a chance to give everyone more room to breathe, to create, and to lead.

In the classroom, this is the time to hand over the keys. When students start to check out, it is usually because they feel like the real work is already over. We can change that by moving away from traditional assignments and letting them dive into projects where they call the shots. This means letting them choose the topic, figure out the format, and decide how they want to show what they know. When a student has to solve a problem that actually matters to them or tell a story in their own voice, they stop being passive. They start practicing the things that stick with them for life: how to manage a project, how to work with a team, and how to stand behind their own ideas. As teachers, we get to step back and act as the support system, offering feedback while the students do the heavy lifting. The growth they experience in these weeks comes from the pride of owning their work and the courage it takes to put it on display.



For the adults in the building, the same idea applies. Everyone is feeling the exhaustion of the home stretch and the pressure of wrapping things up. Leaders can change the mood by trusting their teams with real autonomy. This is a great window to let staff try out small ideas they've been sitting on all year or to lead conversations about where the school is headed. When people are given the trust to run an initiative or experiment with a new way of doing things, the "end of year drag" starts to

lift. It reminds everyone that their expertise matters. This kind of leadership builds a culture where people feel seen and valued, making the final weeks feel like a time of professional renewal rather than just a checklist of closing tasks.

Holding the room also means being tuned in to the small things. It is about noticing the student who is quiet but ready for a challenge, or the colleague who seems distant but is really waiting for a chance to contribute something meaningful. When we pay attention and offer a well timed word of encouragement, we can turn a routine day into a moment of real connection. This month is about being generous with our trust and our patience. When we create the space for others to take action, we get to see their confidence grow in real time.

By the final week, the results of this approach show up in the atmosphere of the school. It feels alive. You see students who are proud of what they built and staff who feel a sense of purpose in their work. Engagement stops being something we have to fight for and becomes something we all share. What matters is the the risks we took, the trust we built, and the growth that everyone carries with them long after the building goes quiet for the summer.





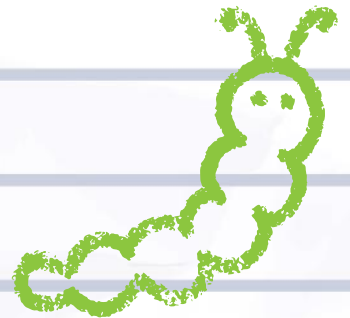
MY SUMMER IDENTITY

MAY

~~THE~~ IS MY WINDOW TO RESET MY PACE
AND DECIDE WHO I WILL BE THIS SUMMER

THIS SUMMER, I AM SOMEONE WHO IS
_____, _____, AND _____

BECAUSE I WANT TO FEEL _____ BY
THE END OF IT.

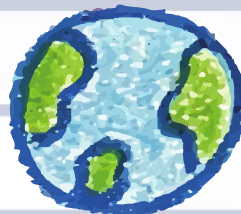


EACH WEEK, I WILL PROTECT TIME FOR
_____.

I WILL SAY NO TO _____.

I WILL LIMIT _____ TO _____

TIMES PER WEEK



MY FOCUS:

1.

2.

OPTIONS:

MOVEMENT / ACTIVITY
TIME OUTSIDE
CONNECTION WITH PEOPLE
PERSONAL TIME
CREATIVITY / HOBBIES
LEARNING / GROWTH.



EACH WEEK, I WILL MOVE THIS FORWARD

BY: _____



HIGH: MOVEMENT, PROJECTS, OR GROWTH ^{3 DAYS:}

LOW: REST, HOBBIES, OR LIGHT ACTIVITY ^{2 DAYS:}

OPEN: FLEXIBLE, SOCIAL, OR UNPLANNED ^{2 DAYS:}

I WILL USE MY DAYS AS FOLLOWS:

S

M

T

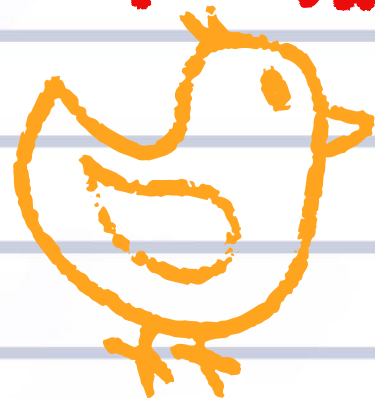
W

TH

F

SAT

THIS SUMMER I WILL!



A time you actually finished your coffee or lunch before it got cold.

A moment you noticed something change without anyone announcing it.

A time you had to repeat yourself more than 3 times in a conversation.

A moment you walked into the wrong place and it turned into something useful.

A situation where you had no idea what was going on but adapted anyway.

A time you fixed something that broke at the worst possible moment.

A moment you had to choose between stopping and pushing through.

FRAGMENTS FROM THE YEAR

A moment you realized you had been standing in the same spot too long.

A time you had to step into something you did not plan to handle.

A moment where silence in the room felt louder than anything said.

A day where your schedule fell apart and you still made it work.

A time something you planned got replaced with something urgent.

A moment you caught yourself reacting differently than you used to.

A moment that only makes sense because you lived through it.

A PRACTICE IN SMALL MOMENTS

Clay modeling invites you to slow down and build something with your hands, one small step at a time. With just a few minutes each day, simple shapes begin to take form and ideas turn into something you can hold. There is no pressure for perfection. The goal is to show up, stay consistent, and let the piece evolve. By the end of three weeks, what started as a small idea becomes a finished creation that reflects patience, focus, and creativity.

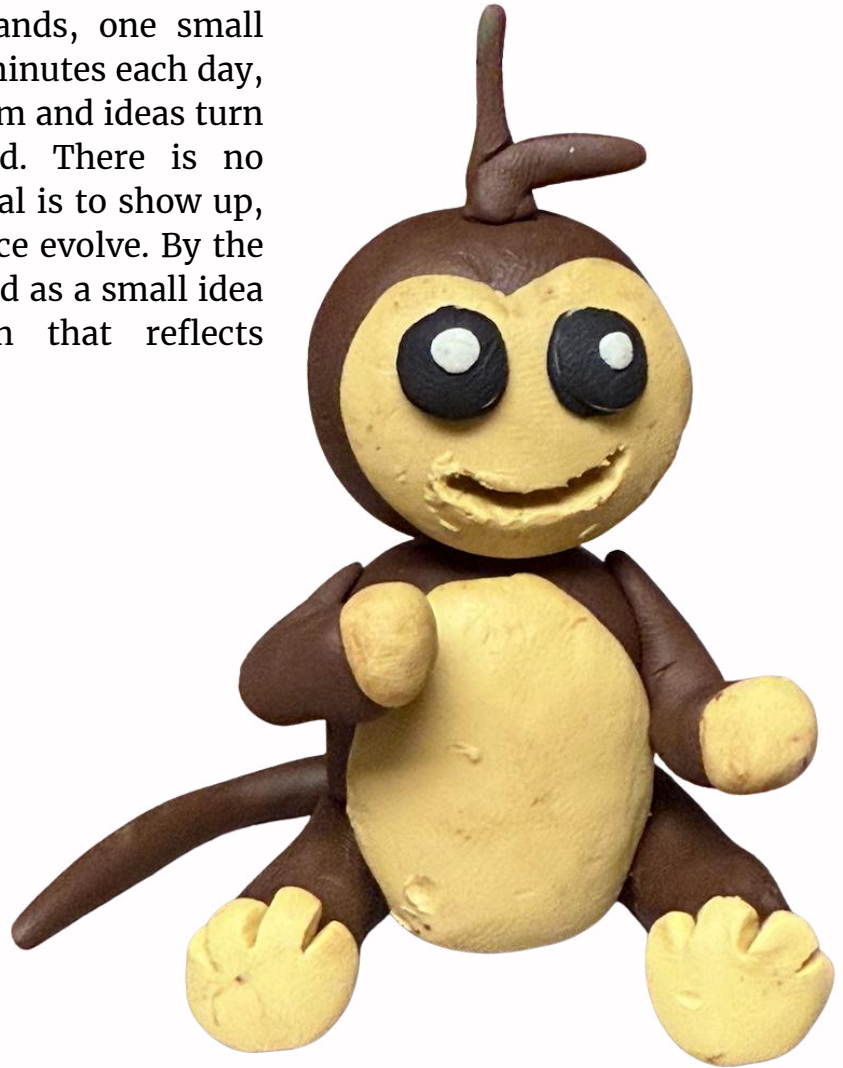
Materials:

- Air Dry Clay
- Basic sculpting tools or everyday items



Directions:

- Use air dry clay and any simple tools or household items.
- Work for 5 minutes each day.
- Start with a basic shape.
- Add small details daily.
- Let parts dry as needed.
- Continue building and refining.



Untitled (Monkey Study)

Air dry clay

Built through daily five minute sessions across three weeks, this simple piece shows how form develops through repetition. Each layer reflects a moment of focus as basic shapes come together into a playful figure.

VOICES

in Education

Mercedes Castro

For four years, Mercedes has guided families as Student Enrollment Coordinator, turning complex enrollment/reenrollment processes into seamless experiences. With a nontraditional schedule, she brings energy, focus, and creativity to her role, keeping the school community thriving even during the long stretches of May.

May can feel like a long stretch in education, with energy dipping and routines becoming automatic. From your perspective, what does this time of year feel like, and how do you experience it personally?

May feels like crunch time. We're closing out one year while already stepping into what's next, so there's a constant push to stay on track.

You can feel the shift in energy with summer getting closer. Routines start to feel automatic, and it's easy for things to slip if you're not paying attention. For me, it just means being more intentional with how I show up each day. Staying organized, staying consistent, and keeping communication tight.

It's a time where the days can blur together, so I really focus on finishing strong and not letting the pace or the mindset drop just because the end is close.

You don't follow the traditional school-year schedule, and your role is different from the typical classroom path. How does that shape the way you approach this season of May?

May isn't a slowdown for me. It's when things start to pick up. While others are wrapping up their school year, I'm already in motion with follow ups, tracking moving pieces, and making sure everything is handled on my end. There's always something that needs attention, so I have to stay ahead of it instead of reacting to it. At the same time, I'm balancing life as a mom of three, which adds another layer to everything. It takes being present in both roles and managing my time well so nothing falls behind. This time of year keeps me in a forward mindset, always thinking about what needs to happen next.

Even with a busy schedule and routine work, some days can feel repetitive. How do you stay intentional and find focus during these long stretches?

A lot of my work is repetitive, so staying intentional is something I have to be conscious of every day. What helps is reminding myself that each interaction matters. Whether it's a call, a message, or a meeting, I try to treat it like it has purpose instead of just something to check off my list. That shift keeps me more present in the moment. My calendar has also been a big part of staying focused this year. It gives me structure and helps me stay on track, especially during weeks where everything starts to feel the same. Having that system in place makes it easier to stay locked in.

During this period when others around you may be in "countdown mode," how do you create small sparks of engagement or ownership in your colleagues or team?

This time of year can feel hectic, and it's easy for people to start counting down instead of staying engaged. I try to bring the focus back to what's right in front of us. Recognizing small wins, giving quick shoutouts, and making sure people feel seen for the work they're putting in. Those moments can shift the energy more than people realize. You don't have to do anything big. You just have to stay consistent with how you show up and keeping the environment positive. That helps people stay present and finish strong instead of just waiting for it to be over.



BIANCA CORTEZ

Nutritionist

Zucchini Boats



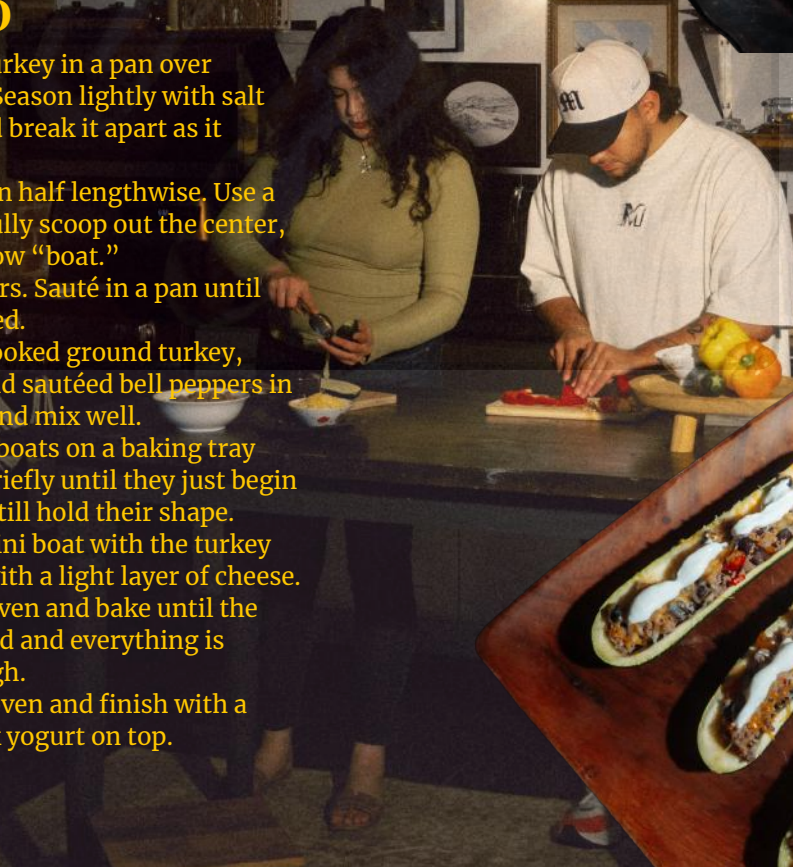
INGREDIENTS

- Zucchini
- Ground Turkey
- Black Beans
- Bell Peppers
- Shredded Cheese
- Non Fat Greek Yogurt
- Salt and Pepper

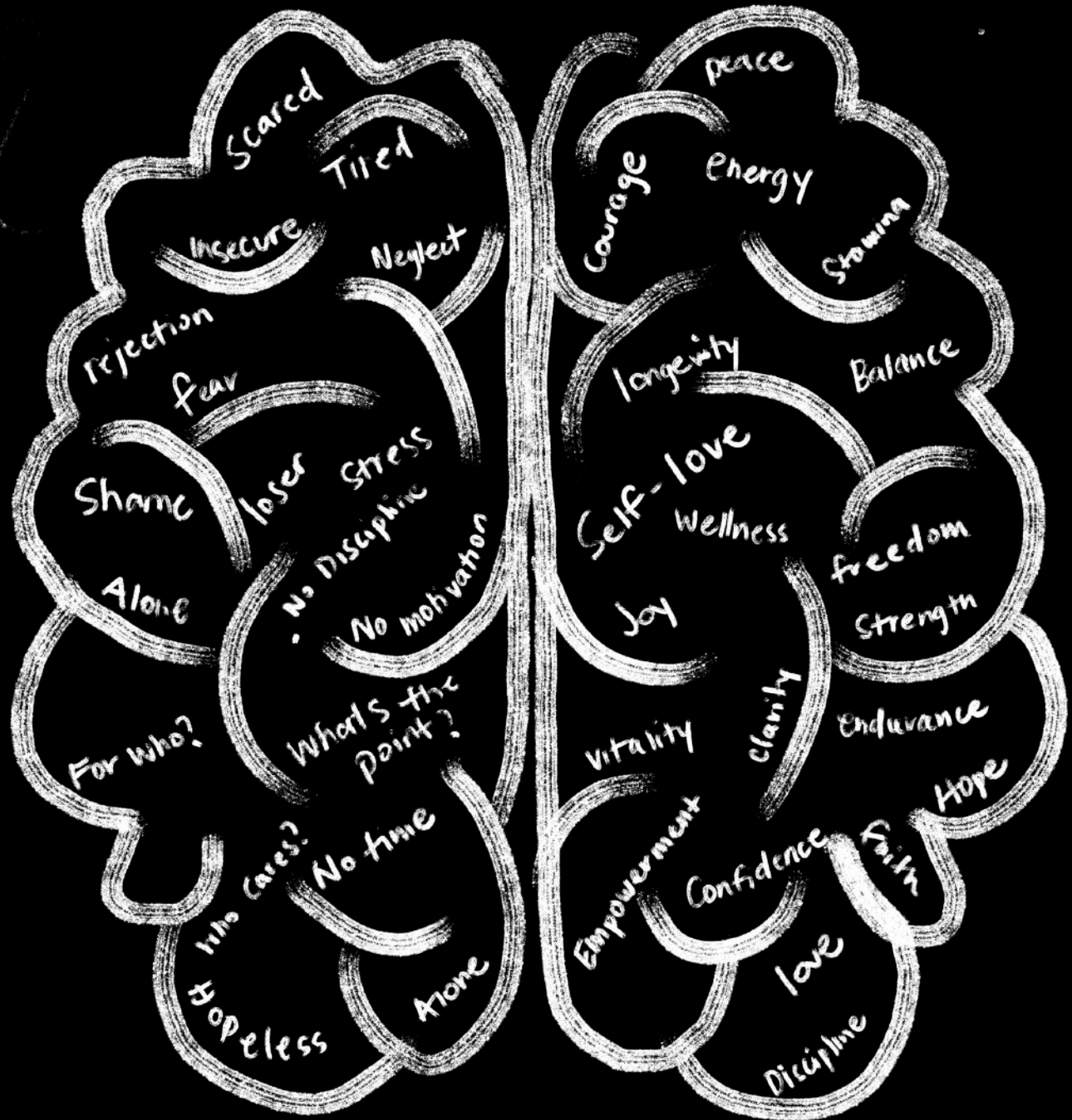


METHOD

- Cook ground turkey in a pan over medium heat. Season lightly with salt and pepper and break it apart as it browns.
- Slice zucchini in half lengthwise. Use a spoon to carefully scoop out the center, creating a hollow "boat."
- Dice bell peppers. Sauté in a pan until slightly softened.
- Combine the cooked ground turkey, black beans, and sautéed bell peppers in a bowl or pan and mix well.
- Place zucchini boats on a baking tray and pre bake briefly until they just begin to soften, but still hold their shape.
- Fill each zucchini boat with the turkey mixture. Top with a light layer of cheese.
- Return to the oven and bake until the cheese is melted and everything is warmed through.
- Remove from oven and finish with a dollop of Greek yogurt on top.



YOUR BRAIN IS YOUR LOUDEST CRITIC AND YOUR STRONGEST TOOL. WHICH ONE ARE YOU LETTING LEAD YOU TODAY?



A HOUSE DIVIDED: THE MENTAL SPLIT

Because the most important lesson we teach is how we care for ourselves.

There is a specific kind of atmospheric pressure inside a school building that doesn't exist anywhere else. It is the weight of being the architect of everyone else's success while carrying the private, jagged thoughts that populate the quiet moments of the day. We trade in data, attendance huddles, and student outcomes, yet we often ignore the deficit of our own mental reserves. In this niche corner of the workforce, we have been conditioned to treat stress as a job requirement and no time as a common greeting in the staff lounge.

The reality of being an educator is often a battle against a loudest critic that never takes a sick day. It starts with a flicker of being scared that we aren't reaching every child, which quickly spirals into feeling hopeless under the weight of operational demands. We convince ourselves that we are alone in this, feeling insecure about our impact while the clock reminds us there is simply no space for our own recovery. We call it the grind, but if we look closely, it is actually neglect. This side of the brain is crowded with shame, a relentless echo that asks what's the point? when the systemic hurdles feel too high to jump.

May is designated as Mental Health Awareness Month, but for those in the field of education, awareness must be more than a flyer on a bulletin board. It has to be an intentional shift toward the other side of the brain. The side that values vitality and longevity as much as it values test scores. Reclaiming your headspace isn't a luxury; it is the infrastructure that makes the work possible.

Choosing wellness in a high-pressure environment is an act of professional courage. It requires the discipline to set a boundary and the clarity to realize that your worth isn't tied to your output. When we prioritize self-love and joy, we aren't just helping ourselves; we are modeling strength and endurance for the students who watch our every move. Finding peace amidst the chaos of a school year is the ultimate empowerment. It allows us to lead with confidence and stamina, replacing the weight of rejection with the lightness of freedom. As you navigate this month, consider which internal voice is leading you. The most important lesson you will ever teach is the one that shows your peers and your students that being a whole, healthy human being is the highest form of success.

MEZA MOTION TRAINING PRESENTS

HEATWAVE

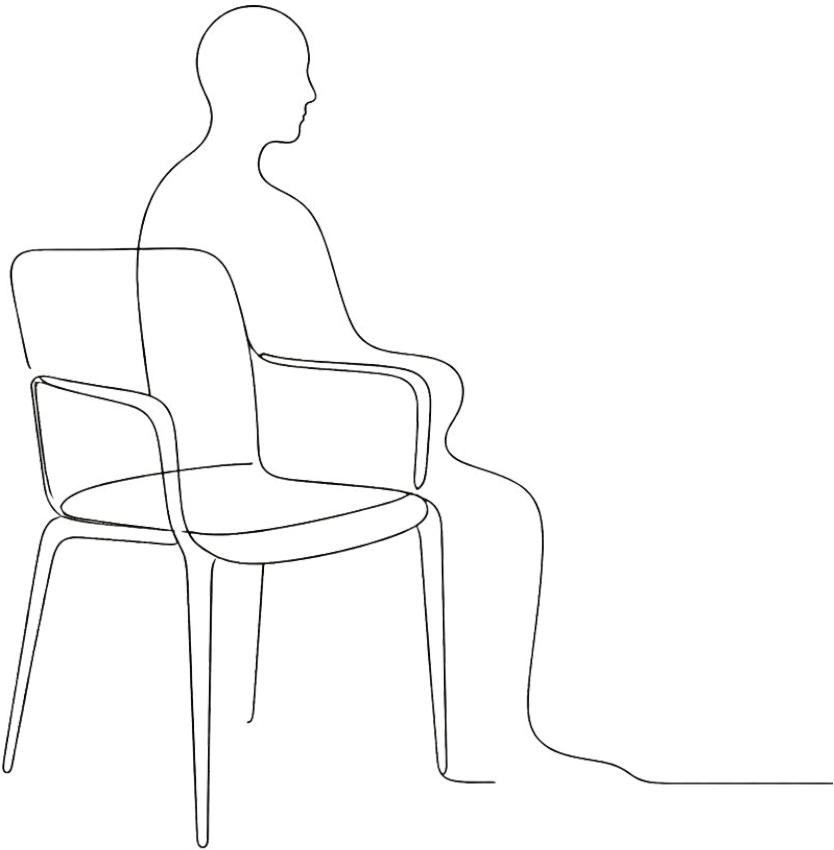
YOUR SUMMER. YOUR STRENGTH.

JUNE 7 - JULY 18

NO EQUIPMENT NEEDED | **WORKOUT** FROM ANYWHERE |
STRUCTURED WEEKLY WORKOUTS | **STRENGTH +**
CONDITIONING FOCUS | **ACCOUNTABILITY** AND PROGRESS
TRACKING

@mezamotiontraining

they won't remember every lesson
but they will remember
who you were
at the end



May

2026

FACULTY

Volume 01



Session 03

