GO TO THE BALCONY

OCTOBER 2026
ADR MONTHLY SERIES
FOR EDUCATORS

Step back.
Gain perspective.
Respond wisely.



Podcast: The Hidden Power of Going to the Balcony

PAUSE
Don't react. Create space. Take a breath.

ZOOM IN
Ask yourself. What do I really want?

ZOOM OUT
See the bigger picture. What is really happening?

> The balcony creates space between what happens and how you respond. - William Ury



"Go to the Balcony" is a metophor for mentally stepping back from a tense situation so you can pause, gain perspective, and choose how to respond rather than simply react.

All 2026-2027 Monthly Tips