

Dr. Heidi Kasevich, PhD

Each semester in the New York City classrooms where I taught for two decades, I delivered a message aimed at the introverted students I knew were sitting in front of me. I told them my own story of how I was a quiet student with an innate fear of “just speaking up.” It was not until I was deeply committed to sharing my knowledge of the French language that I literally found my voice, becoming animated and outgoing during my first year of teaching at NYU.



Today, I am devoted to fulfilling my mission of nurturing the leadership potential of all students so they have the confidence, competence and connectedness to make a difference in our world. Former director of Quiet Education, and a veteran leadership and history educator, I have co-authored a book geared towards actors, actor educators, and directors entitled *The Introverted Actor*, and I am currently working on *Heard: Understanding How Introverted Students Learn and Lead*. It's my objective to educate educators about how to create more 'quiet friendly' classrooms and help raise a new generation of quiet leaders, who embrace the introverted strengths of humility, perspective and prudence. My approach to Quiet pedagogy focuses on enabling educators to create temperament-inclusive environments that honor the strengths of introverts and extroverts alike.

I am passionate about helping children and adults to leverage their strengths, engage in comfortable stretching, and carve out the necessary time to restore. The Kase Leadership Method is designed to empower us all to gain self-awareness through the “Strength-Stretch-Restore” lens, and in turn, help others actualize their potential.

<https://www.kaseleadershipmethod.com>

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