



Managing Workload Pocketbook 2015 (Paperback)

By Will Thomas

MANAGEMENT POCKETBOOKS, United Kingdom, 2015. Paperback. Condition: New. 2nd Revised edition. Language: English . Brand New Book. The UK has the highest percentage of teacher burn-out compared with 37 other countries recently surveyed by the European Trade Union Confederation. According to a NUT survey, 90 of teachers have considered leaving teaching in the previous two years and 95.5 said excessive workload had had negative consequences on their family and personal life. Work-related stress among teachers is double the national average for other professions, except social work. Grim statistics!The good news: CHANGE IS POSSIBLE. That is the message of this highly illustrated new edition of the Managing Workload Pocketbook. Changing your mental approach to workload and implementing a few key elements to manage stress can minimize the impact of psychological distress on health and wellbeing. With chapters on work-life balance, winning attitudes, great habits, taming time and looking after yourself, this Pocketbook adopts a positive, upbeat stance. Author Will Thomas encourages readers to take an analytical look at their workload management and provides a self-evaluation framework for the purpose. He draws on neuroscience, psychology, medical knowledge, mindfulness, coaching, research evidence and personal experience to offer clear steps, tools and solutions for teachers...



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