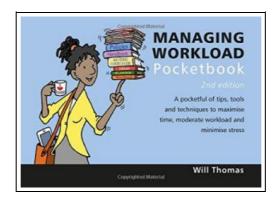
# Managing Workload Pocketbook: 2015 (2nd Revised edition)



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## Reviews

Very beneficial to any or all class of individuals. It is rally interesting throgh looking at time. You will not feel monotony at at any time of your time (that's what catalogs are for concerning in the event you question me).

(Dr. Dallas Reinger IV)

# MANAGING WORKLOAD POCKETBOOK: 2015 (2ND REVISED EDITION)



Management Pocketbooks. Paperback. Book Condition: new. BRAND NEW, Managing Workload Pocketbook: 2015 (2nd Revised edition), Will Thomas, 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 who feel stressed and overwhelmed, or who are moving in that direction. From effective planning and delegation to goals, sleep and resilience, the book is a mine of information.Will Thomas is an inspirational trainer and writer in the field of human improvement. A former teacher and LA adviser, he is passionate about learning. His courses and coaching are designed to make a difference in schools and to individuals.

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