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Titolo	Onward : cultivating emotional resilience in educators // by Elena Aguilar
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Descrizione fisica	1 online resource (373 pages)
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Soggetti	Teachers - Psychology Teacher morale Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Exhibit 0.1 : the resilience manifesto -- Exhibit 0.2 : habits and dispositions -- Exhibit 0.3 : calendar of learning -- Know yourself : June -- Understand emotions : July -- Tell empowering stories : August -- Build community : September -- Be here now : October -- Take care of yourself : November -- Focus on the bright spots : December -- Cultivate compassion : January -- Be a learner : February -- Play and create : March -- Ride the waves of change : April -- Celebrate and appreciate : May -- Conclusion : onward to freedom.