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Titolo	Teaching with confidence [[electronic resource]] : a guide to enhancing teacher self-esteem // Denis Lawrence
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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Cover; Contents; Acknowledgements; Preface; Introduction; Chapter 1 - Assessing Personal Characteristics; Chapter 2 - Threats to Self-Esteem; Chapter 3 - Characteristics of High Self-Esteem Teachers; Chapter 4 - Improving Communication Skills; Chapter 5 - Locus of Control; Chapter 6 - How to Manage Stress; Chapter 7 - The Seven-Day Self-Esteem Enhancement Programme; Chapter 8 - Putting the Job in Perspective; Appendix - Self-Concept Theory and the Teacher; Select Bibliography; Index
Sommario/riassunto	The author focuses on the relationship between stress and self esteem, and sets out a programme of easy-to-use strategies to reduce them. He considers the increasing demands on teachers and personality characteristics in assessing ways to manage stress.