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Nota di contenuto	Introduction -- 1. Context -- 2. Managing Your Career Journey -- 3. Managing Your Workload -- 4. Developing Resilience -- 5. Managing behaviour -- 6. Managing professional relationships -- 7. Managing job applications and interviews -- 8. Managing Your Time and Work-Life Balance -- Conclusion -- References -- Index.
Sommario/riassunto	"The mental health of teachers in school is just as important as the well-being of the pupils they support. Recent research reveals some alarming statistics, including that 74% of teachers are unable to relax and have a poor work-life balance. This book examines a range of relevant issues including workload, managing behaviour, developing resilience and managing professional relationships in order to address some of these concerns and provide comprehensive guidance and workable, evidence-informed strategies to support all those teaching in schools and colleges." --