

1. Record Nr.	UNINA9910815575403321
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Titolo	Teaching with confidence : a guide to enhancing teacher self-esteem / / Denis Lawrence
Pubbl/distr/stampa	London, : Paul Chapman, c1999 London : , : Paul Chapman, , 1999
ISBN	9781446265741 9781446219065 9780761963316 1-4462-6574-9 0-7619-6330-8 1-4462-3761-3 1-283-88144-6
Edizione	[1st ed.]
Descrizione fisica	1 online resource (xvi, 96 p.)
Disciplina	371.10019
Soggetti	Teachers - Psychology Teachers - Job stress Self-esteem
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
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.

