1. Record Nr. UNINA9910817904003321 Autore Wells Caryn M. Titolo Mindfulness: how school leaders can reduce stress and thrive on the job / / Caryn M. Wells Pubbl/distr/stampa Lanham, Maryland:,: Rowman & Littlefield,, 2016 ©2016 **ISBN** 1-4758-2622-2 Descrizione fisica 1 online resource (189 p.) Disciplina 371.2 Soggetti Educational leadership - Psychological aspects School administrators - Job stress School principals - Job stress Mindfulness-based cognitive therapy Stress management Lingua di pubblicazione Inglese **Formato** Materiale a stampa Livello bibliografico Monografia Note generali Description based upon print version of record. Includes bibliographical references and index. Nota di bibliografia Nota di contenuto _GoBack; _GoBack; _GoBack; _GoBack; _GoBack; _GoBack; _GoBack; _GoBack; _GoBack Principals, superintendents, teacher leaders, and other school leaders Sommario/riassunto experience considerable stress in this day of accountability and high visibility. This book address that stress level and helps school leaders learn the why, what, and how of mindfulness practice. It also helps to show how to reduce stress through mindfulness, demonstrates how mindfulness is related with effective leadership practice, and reinforces

the qualities that equate with leadership legacy.