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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Cover; Contents; List of figures and tables; Acknowledgements; Abbreviations; Preface; Section A: Wellbeing and workload; Chapter 1 - What do we know about teacher workload and wellbeing?; Chapter 2 - What's happening to help address wrkload and wellbeing?; Section B: How do you change it?; Chapter 3 - Why is managing change not easy?; Chapter 4 - How do you spend your worktime?; Chapter 5 - How do you take care of yourself - and others?; Section C: Individual and school strategies; Chapter 6 - How can teachers save time in the classroom? Chapter 7 - Support staff: what do we need to think about?Chapter 8 - How do school leaders develop skills and manage workload?; Appendix: Websites; References; Index
Sommario/riassunto	Do you feel overworked and wish there were more hours in the day? Do you know how long you are working and if that time is effectively

spent? By showing you what you can do to assess manage and reduce the time you spend on school work, this book will help you achieve a better work-life balance.
