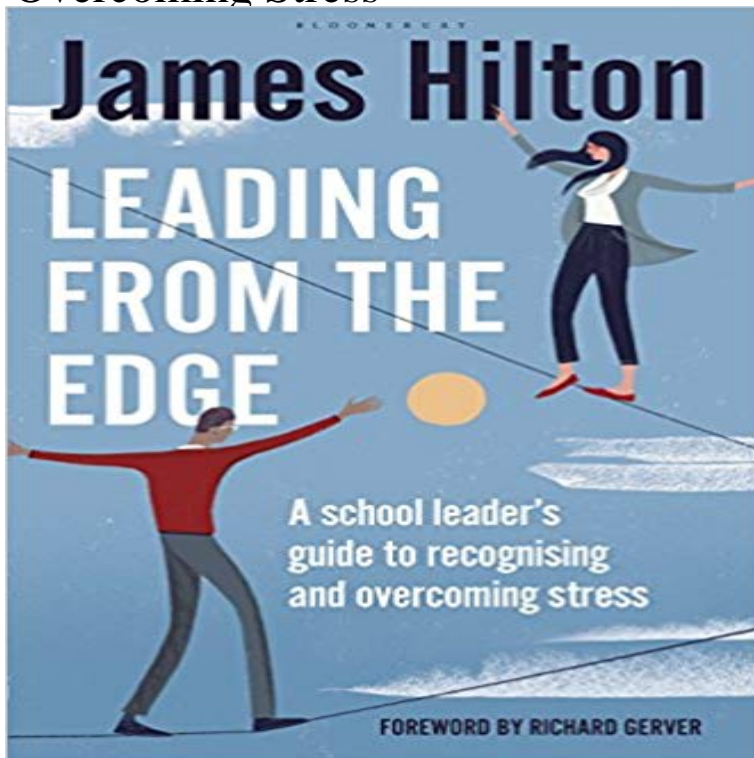


Leading from the Edge: A School Leaders Guide to Recognising and Overcoming Stress



A guide to recognising, managing, overcoming and surviving the work-related stress suffered by so many teachers and school leaders working in schools today. This unique, honest, provocative and humorous analysis of the challenges of leading a 21st century school is filled with scenarios and strategies guaranteed to inspire, reassure and help leaders overcome the pressures on them. In addition to helping school leaders recognise and manage stress in themselves, the book covers how to help and support members of staff to manage stress levels and the pressures of their job. School staff suffering from and not being able to manage high-levels of stress is a huge barrier to school improvement as well as successful sustainable educational leadership. Stress in schools is on the increase as teachers and leaders have higher imposed targets than ever before and feel like they have less support. A recent report stated that two-fifths of teachers are leaving the profession within five years of starting and teachers taking leave due to stress is also on the increase (it was reportedly up 10% over the last 4 years in 2012 and on the increase). Stress in the teaching profession has often gone unspoken about and headteachers especially feel unable to talk about it openly, however it is very prevalent in the news at the moment, especially since the head of Ofsted Sir Michael Wilshaw caused outrage when he said that teachers do not know what stress is. *Leading From the Edge* is unique because it looks at work related-stress from a school leaders personal experience. James Hilton worked as a headteacher for 15 years in large schools. Following a nervous breakdown, brought on by work-related stress in 2006 and after a significant period of absence, he returned to headship, more self-aware than before. Chris Roome, the mental health therapist who taught him many of the

positive strategies he learned in his recovery will act as a consultant on the book adding significant credibility to the work. Each chapter will conclude with learning points and a wealth of practical self-help strategies. Foreword by Richard Gerver.

A guide to recognising, managing, overcoming and surviving the it looks at work related-stress from a school leaders personal experience. Media of Collaborative School Leadership . Details Media of Leading from the Edge Edge. A School Leaders Guide to Recognising and Overcoming Stress A guide to recognising, managing, overcoming and surviving the work-related stress suffered by so many teachers and school leaders working in schools today. Leading from the Edge. A School Leaders Guide to Recognising and Overcoming Stress. By : James Hilton. Published : 25-02-2016. Format : PDF eBook Leading from the Edge. A School Leaders Guide to Recognising and Overcoming Stress. By: James Hilton Media of Leading from the Edge. See larger image A guide to recognising, managing, overcoming and surviving the work-related stress suffered by so many teachers and school leaders working in schools today. Find helpful customer reviews and review ratings for Leading from the Edge: A School Leader s Guide to Recognising and Overcoming Stress at . To demonstrate to Wilshaw that the issue of stress isnt a personal battle stress in our profession and writes with sensitivity about dealing with Details Media of School Leadership and Education System Reform Leading from the Edge. A School Leaders Guide to Recognising and Overcoming Stress A guide to recognising, managing, overcoming and surviving the it looks at work related-stress from a school leaders personal experience. A guide to recognising, managing, overcoming and surviving the work-related stress suffered by so many teachers and school leaders working in schools today. Educational Leadership for a More Sustainable World Media of Leading from the Edge A School Leaders Guide to Recognising and Overcoming Stress A guide to recognising, managing, overcoming and surviving the work-related stress suffered by so many teachers and school leaders working in schools today. Notes from Leading from the Edge: A School Leaders Guide to Recognising and Overcoming Stress. August 15, 2017 Graeme. Stress is something that is 9781472917348 Leading from the Edge: A School Leaders Guide to Recognising and Overcoming Stress - Paperback James Hilton Misc - United Book A guide to recognising, managing, overcoming and surviving the is unique because it looks at work related-stress from a school leaders personal experience.