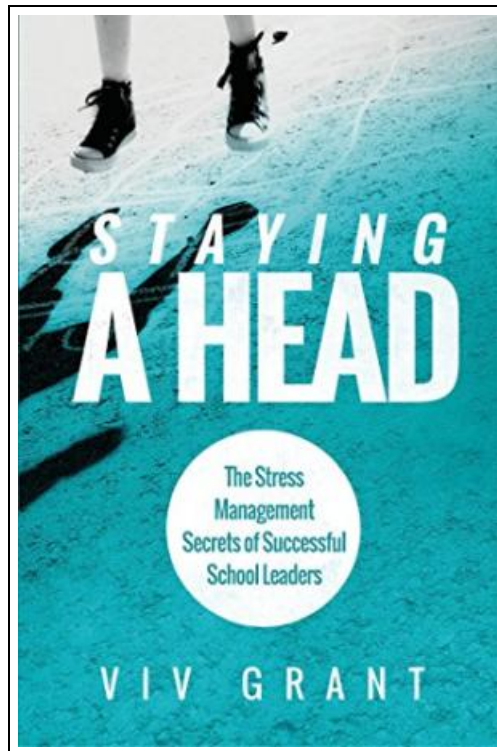


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(Dr. Rosie Kuphal)

STAYING A HEAD: THE STRESS MANAGEMENT SECRETS OF SUCCESSFUL SCHOOL LEADERS (PAPERBACK)



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Integrity Coaching, United Kingdom, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Staying A Head is a book about overcoming the stresses of school leadership. The book identifies key strategies that school leaders must adopt if they are to rise successfully above the challenges of their roles and maintain their ability to lead and inspire others. This book is wise, timely and very well needed by the profession; it is reassuring, re-affirming and motivating. It is so rare to have the human experience of being a school leader really explored in a perceptive and emotionally intelligent, but equally incisive and challenging way. Kathryn Pugh, Head teacher, The St Marylebone CE School, London Viv Grant has written a book of deep honesty and authenticity. She has opened the closed world that many school leaders inhabit. But rather than leave the world exposed she offers new and experienced school leaders practical and effective methods that nurture inner understanding to bring out the best in others and foster organisational transformation. I highly recommend this book to anyone in, or aspiring to senior leadership. Mike Jones, Head teacher, South Failsworth Primary School, Oldham Staying A Head is a must read book for those school leaders who are brave enough to admit that they are not super human and that in their endeavours to shape better futures for our children, it is OK to admit to self doubt, worry and anxiety and to ask for help. It is for school leaders who want to know how to: -Let go of the stresses of their roles - Develop greater emotional resilience -Uncover solutions for helping them to achieve greater personal and professional fulfilment -Maintain their moral compass and stay connected to their purpose -Achieve their vision without sacrificing their own health...

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