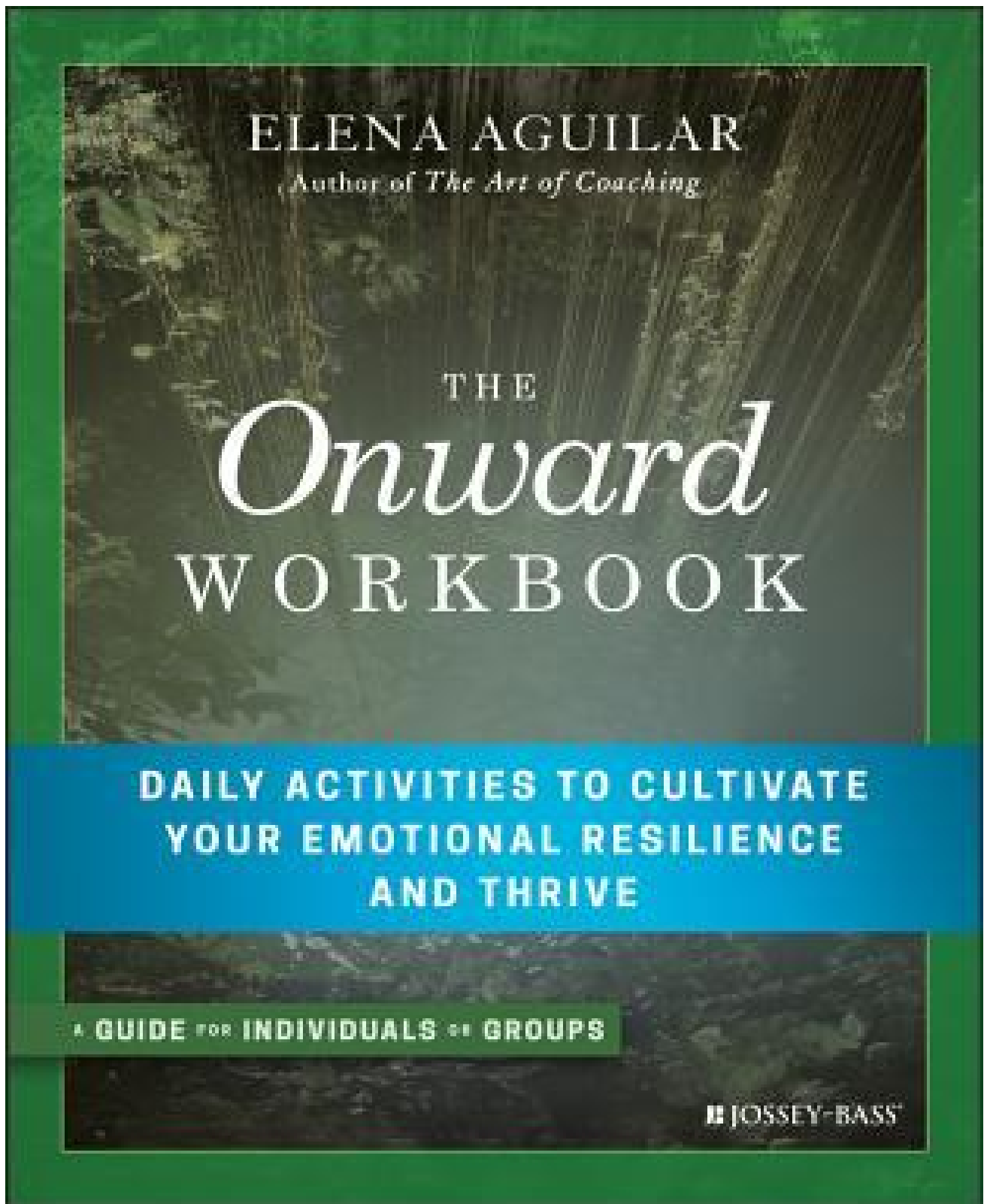
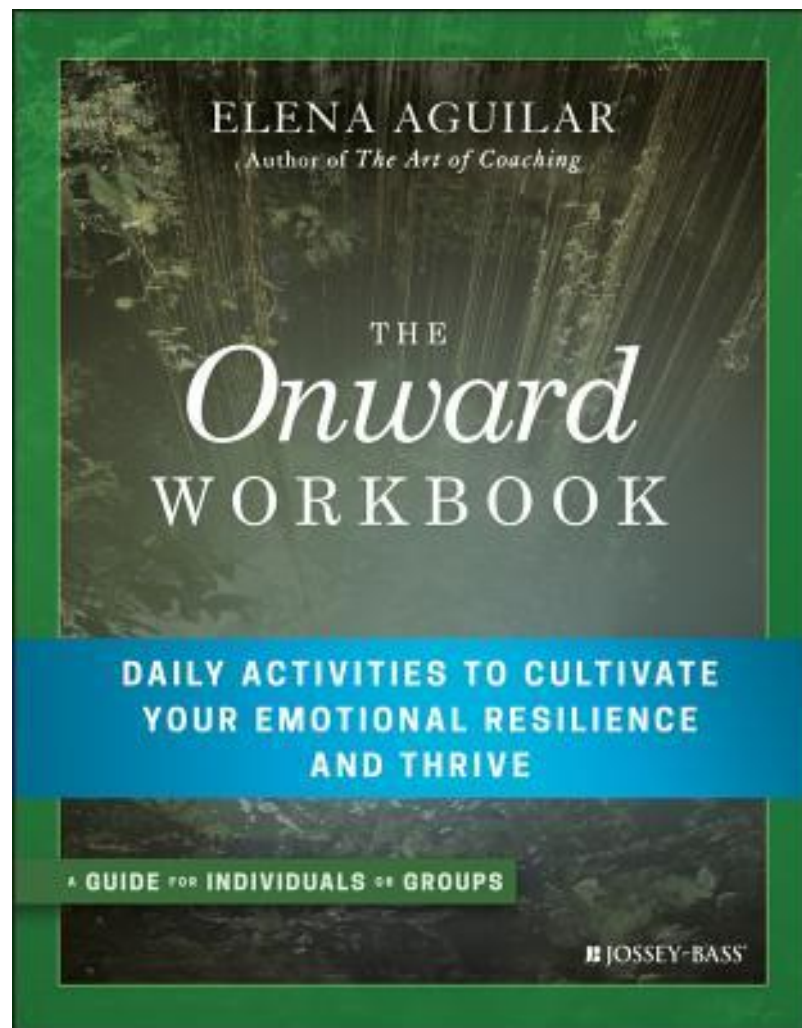


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The Onward Workbook: Daily Activities to Cultivate Your Emotional Resilience and Thrive
by Elena Aguilar



Synopsis:=====

An empowering journey that keeps great teachers in the classroomThe Onward Workbook is a collection of tools and strategies that help teachers banish the burnout and cultivate true resilience. Keyed to the framework presented in Onward, this companion piece augments the text with practical exercises, coaching, and step-by-step walkthroughs of beneficial practices. Deep introspection allows you to verbalize your feelings, name your challenges, and identify the tools you have and the tools you need--from there, you'll explore each of the 12 Key Habits and learn how to put them into practice every day.In cultivating resilience within yourself and your teaching practice, you improve your health, your outlook, and your relationships while building an environment in which every child succeeds. This workbook takes you on a journey of specific self-discovery that changes your perspective, renews your confidence, and empowers you to make the much-needed changes that allow you to continue

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