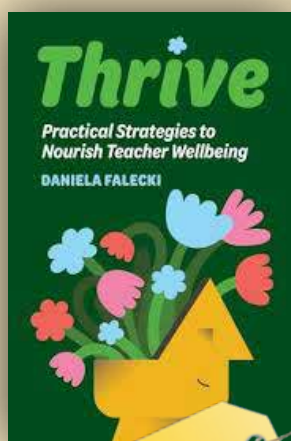


RESOURCE BOOKS



Wellbeing



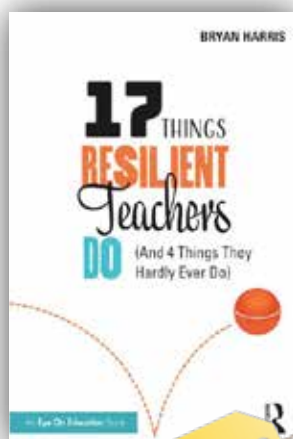
\$55

Thrive

'I can barely keep my head above water. How could I possibly thrive at work?' If you're a teacher, I'll bet you're asking yourself this question.

We enter the profession to help young people grow and learn, but find ourselves in a system that values compliance over individuality. Our days are spent supporting others, leaving us little time to rest and reflect. We nurture the wellbeing of our students, but neglect our own.

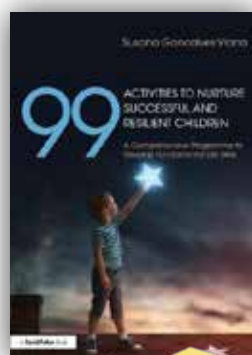
If you want to become the teacher you always dreamed of being, it's time to put yourself first. Backed by science and the stories of real teachers, Thrive will help you understand your needs, energy and choices. Discover strategic solutions for overcoming burnout and frustration, learn how to meaningfully discuss teacher wellbeing at school, and build the resources that will enable you to stop surviving and start thriving.



\$46

17 Things Resilient Teachers Do

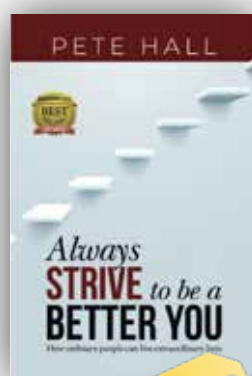
This book will help you learn practical ways to manage the stress of teaching and avoid burnout. Bestselling author and educational consultant Bryan Harris presents strategies for building resilience, including reframing, understanding the power of "no", focusing on what you can control, building positive relationships, advocating for yourself, and more.



\$60

99 Activities to Nurture Successful & Resilient Children

99 Activities to Nurture Successful and Resilient Children is a comprehensive and interactive programme filled with practical activities, aimed at schools and education professionals in order to support children in developing their happiness and resilience. Covering twenty eight skill areas, this book encompasses seven key themes for development.

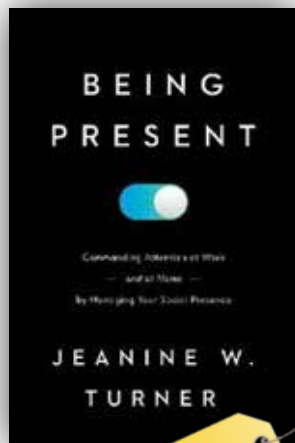


\$55

Always Strive to be a Better You

In Always Strive to Be a Better You: How ordinary people can live extraordinary lives, best-selling author Pete Hall shares 13 proven ideas and strategies for living a life that is based on the idea of continuous improvement – in life, in relationships, in work, and in any aspect of our existence.

build the resources
that will enable you to
stop surviving and
start thriving

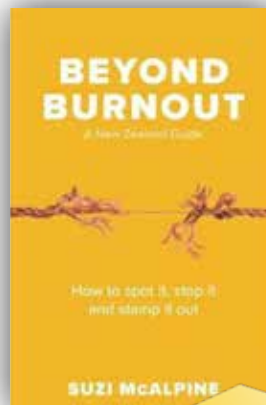


\$50

Being Present

Commanding Attention at Work (and at Home) by Managing Your Social Presence

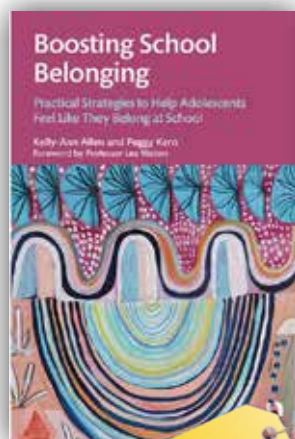
Being Present offers a framework to navigate social presence at work and at home. By exploring four primary communication choices—budgeted, entitled, competitive, and invitational—author Jeanine W. Turner shows when and where to employ each to effectively communicate in a notification-saturated world.



\$36

Beyond Burnout

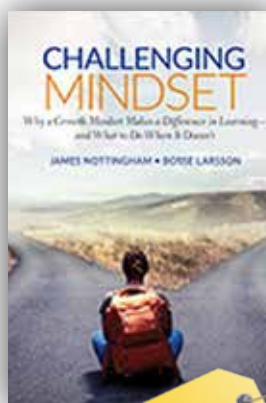
Burnout is costing us. There are the personal costs to health and finances, organisational costs in lost productivity and sick leave, and national costs when it comes to healthcare services and similar. As well as actionable tools and key takeouts, each chapter/section will include information about how to recognise the signs of burnout, and practical how-tos for leaders to reduce its presence in organisations.



\$60

Boosting School Belonging

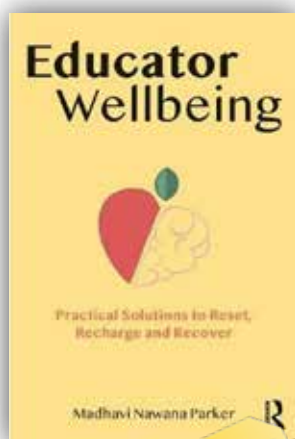
With rising rates of youth mental illness, disconnection and social isolation, strategies are needed that can help stem the tide. A sense of belonging to one's school is associated with good school performance, physical and psychological wellbeing, and offers a quintessential solution to help address many of the issues faced by young people today.



\$85

Challenging Mindset

This book answers key questions about Carol Dweck's theory of Mindset – What is a 'growth mindset' and what difference can it make? Why are growth mindset interventions not working in schools (yet) and what can be done to change this? What is a 'failure mindset' and why is it more influential than an adult's fixed or growth mindset?



\$46

Educator Wellbeing

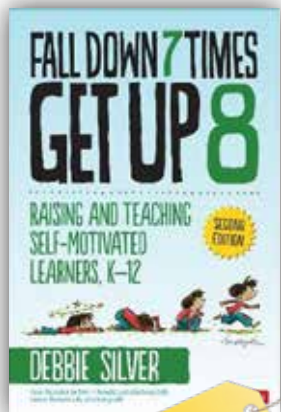
This book is a relatable and practical read for teachers to build tools for life, bringing their wellbeing to the forefront. It provides a toolbox of preventative and responsive strategies to help Educators look after their wellbeing so they can continue with supporting their students.



\$50

Everyday Self-Care for Educators

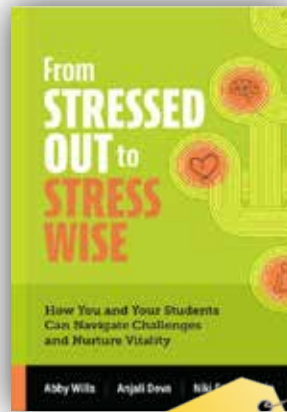
If you're an educator experiencing burnout, compassion fatigue, or vicarious trauma, this book will help you embrace tangible self-care practices to improve your well-being both in and out of the classroom. Using the framework of the "window of capacity"—the zone of the nervous system arousal in which a person is able to function most effectively—the authors illustrate not only "the why" of self-care, but also "the how."



\$70

Fall Down 7 Times Get Up 8

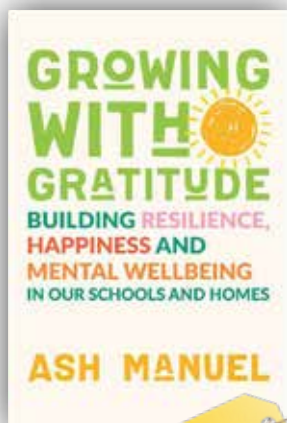
This revised edition of the beloved bestseller, Fall Down Seven Times, Get Up Eight, has sensible answers, including both what to say and what not to say to truly help kids self-motivate and become independent, lifelong learners. Rich with fresh insights, this new edition offers a deeper understanding of how motivation works along with new, practical, research-driven strategies for spurring learners to thrive.



\$55

From Stressed Out to Stress Wise

In this practical, step-by-step guide, authors Abby Wills, Anjali Deva, and Niki Saccareccia show you how to do just that by following their stress-wise framework—a model that all secondary-level educators can use to help both themselves and their students build their “stress IQ,” or become better able to accept stress as an aspect of well-being and modulate their reaction to it.



\$36

Growing With Gratitude

In this book, you'll find fun, practical activities and strategies to develop an attitude of gratitude: the positive mindset that kids and teens need to successfully weather ups and downs, successes and setbacks. Growing with Gratitude outlines simple steps that you can start to action immediately, whether in the classroom, the whole school or at home. Drawing on over two decades of experience and research on how practicing gratitude leads to a happier, healthier life, author Ash Manuel shares how mindfulness and positive habits can benefit kids and teens of all ages.



\$55

Guiding Kids Through the Tough Moments

This book centres around those moments when we must get involved, or call a child out on an unsafe, careless, or selfish action. Pitched well beyond the superficiality of making “happy families” or “obedient classes,” this book dives into the colour and chaos of life. It provides guidance for navigating the commotion and the processes, as well as the grit required in the tougher moments.



\$55

Live Your Excellence

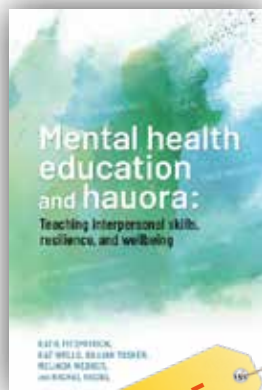
Invest in excellence — for your students every day, your colleagues year after year, and yourself for a lifetime. Jimmy Casas, veteran educator and author of Culturize, believes that by cultivating a mindset that centers on investing in students, colleagues, and—most of all—themselves, educators can shift schools away from a culture that runs on compliance, blame, and fear.



\$50

Lost & Found

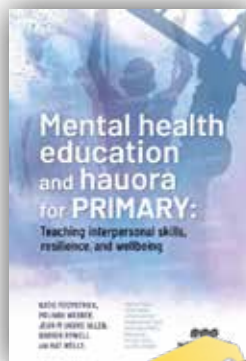
In the newly revised Second Edition of Lost and Found, distinguished child psychologist Dr. Ross W. Greene delivers an insightful and effective framework for educators struggling with students with concerning behaviours. The author's Collaborative & Proactive Solutions (CPS) approach focuses on the problems that are causing concerning behaviours and helps school staff partner with students to solve those problems rather than simply modifying the behaviour.



\$65

Mental Health Education & Hauora for PRIMARY

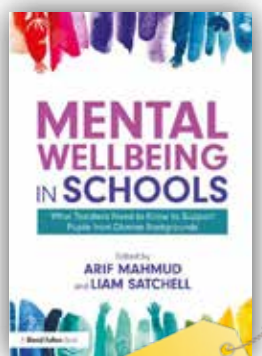
Designed to be used at multiple year and curriculum levels, this book is intended to be most useful for students in Years 1–6 but it can be used with students at higher levels as well. It is up to individual teachers to decide how they might adapt, apply, and use the activities and ideas in this book. For this reason, the authors have not specified particular curriculum links for each activity (links will depend on how you use the ideas and what topics you focus on).



\$85

Mental Health Education & Hauora: Teaching Interpersonal Skills, Resilience & Wellbeing

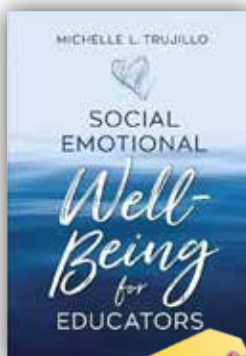
This book is designed to be used at multiple year and curriculum levels. It is most useful for students in Years 7–11 health education (but it can be used with students at higher levels as well). We have included some notes throughout about how you might extend activities for senior secondary students, or approaches you might use with students at lower levels. The knowledge and skills in this resource will, however, be useful for all students (and for adults too).



\$50

Mental Wellbeing in Schools

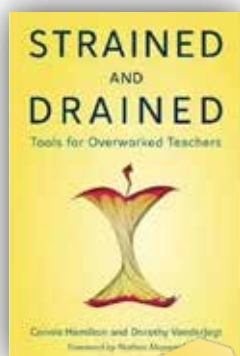
This important book is a practice-facing, evidence-based guide for teachers, support staff, education students, and schools, giving advice on the ways in which we can support the mental wellbeing of pupils from diverse backgrounds. Bringing together advice and strategies for supporting pupil mental health and wellbeing, this book makes accessible key knowledge about mental health and examines how this might vary in different pupil populations by exploring the unique challenges for disadvantaged and minority pupils.



\$65

Social Emotional Wellbeing

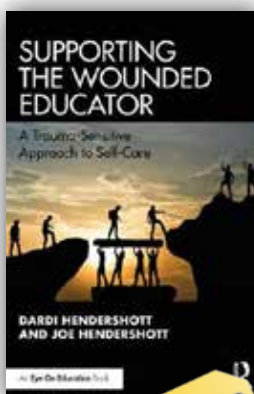
This book's unique and compelling framework empowers you to practice self-care through thoughts and actions that are within your control, enhancing your well-being without taking on extraneous responsibilities. Features include: A checklist for determining your baseline of strengths and needs; Self-reflection questions, journaling opportunities, and action-planning exemplars; A process for tracking, celebrating, and revising your own tangible objectives; Teaching guidance for distance or hybrid education; Strategies to share with your students.



\$60

Strained & Drained

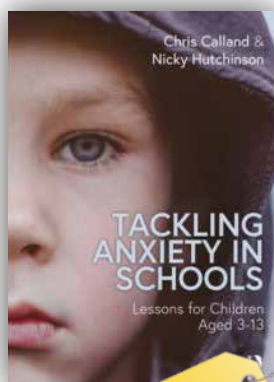
Teaching is not a job, it's a passion. Caring and compassionate educators will stop at nothing to be sure their students have everything they need to flourish. As teaching demands increase, the attention teachers give to their own needs is often sacrificed. The pressures of teaching are forcing educators to choose between what they love to do and their own well-being.



\$68

Supporting The Wounded Educator

This book brings first hand knowledge alongside research to encourage, equip, and empower teachers and other K-12 educators to find relief and hope. Taking a trauma-sensitive approach, this important resource will help you navigate the pressures of being an educator, whether you entered into your profession carrying wounds with you, have felt wounded from your work environment, or you are simply someone trying to support others.



\$40

Tackling Anxiety in Schools

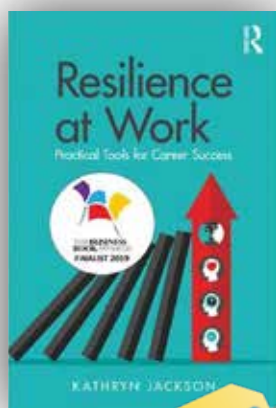
This book explains how schools can create a safe climate for children and introduces a course of interactive lessons throughout all ages of primary school and the years beyond. It uses evidence-based preventative strategies, which are suitable for the whole class, based on the needs of children at each stage of development. The intervention programmes include lively activities, resources and courses of lessons which emphasise positivity and are engaging and enjoyable for pupils.



\$40

Reimagining The Diary

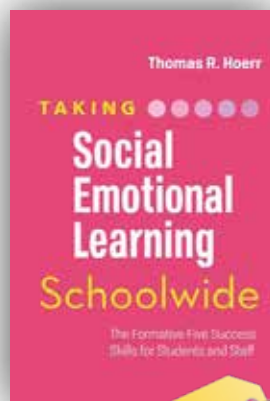
If you're in education, then you know that while there are many positives to the profession, it is also facing many challenges. From planning, to assessments, to internal and external invigilation, our work/life balance is being tipped in the wrong direction, and it can be hard to prioritise ourselves on the 'to do' list. In this context diary-keeping can help us gain insight into our wellbeing needs and move forward in our lives, both personally and professionally.



\$50

Resilience At Work

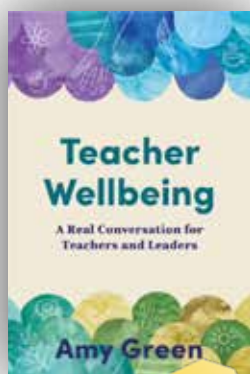
This is an invaluable resource for organisations looking to support employees by giving them the tools for self-managed resilience at work. It is also ideal for career coaches, counsellors and other professionals who are working with clients facing their own crisis of resilience, whether they are starting out or well-advanced on their career journey.



\$55

Taking Social Emotional Learning Schoolwide

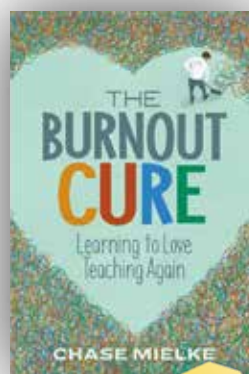
What's the secret to making schoolwide SEL work? Growing numbers of people recognize that social-emotional learning (SEL) is central to a well-rounded education and to success in life outside and beyond the school building. What??? missing is the know-how and framework for weaving SEL into the fabric of the school.



\$46

Teacher Wellbeing

In this go-to guide for teachers and leaders, Amy Green provides inspiration and practical tools to unpack the many facets of teacher wellbeing. She explores the purpose of teacher wellbeing; where we've gone wrong in tackling issues such as burnout and stress; and what we can do to build teacher capacity and enhance school systems to support teacher wellbeing.

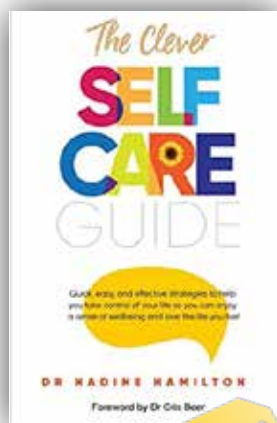


\$55

The Burnout Cure

How can you energize yourself to maintain or regain a positive outlook and love of teaching? What specific, immediate actions can you take to enhance your well-being and thrive both on and off the job? Award-winning teacher Chase Mielke draws from his own research, lesson plans, and experiences with burnout to help you change your outlook, strengthen your determination to be a terrific teacher, and reignite your core passion for teaching.

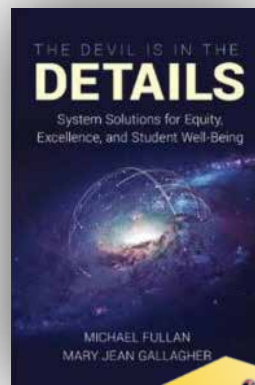
Wellbeing



\$36

The Clever Self Care Guide

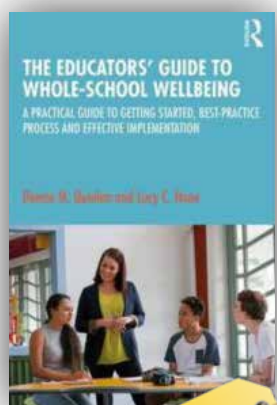
Dr Nadine Hamilton has spent over 17 years in her speciality psychology practice helping professionals and businesses get on top of stress and psychological fatigue to avoid burnout, depression and self-harm. Her 2019 international best-seller *Coping With Stress and Burnout* as a Veterinarian targeted a profession with a suicide rate almost four times higher than the general population.



\$65

The Devil Is In The Detail

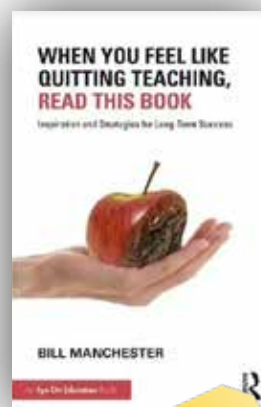
Our world needs a transformation to survive. We need a moral imperative and a system transformation to survive for the better. The Devil is in the Details shows how we can re-think the education system and its three levels of leadership – local, middle, and top – so that each level can contribute to dramatic transformation whether individually or collectively.



\$50

The Educators' Guide To Whole-School Wellbeing

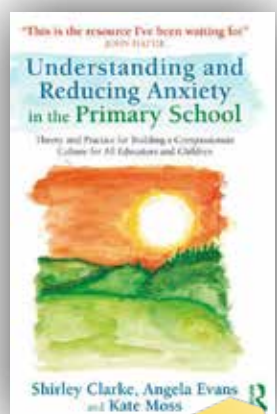
The Educators' Guide to Building Whole-school Wellbeing addresses challenges faced by schools wanting to improve wellbeing. While many schools globally now understand the need to promote and protect student wellbeing, they often find themselves stuck – not knowing where to start, what to prioritise, or how to implement whole-school change. This book fills that gap.



\$55

When You Feel Like Quitting Teaching, Read This Book

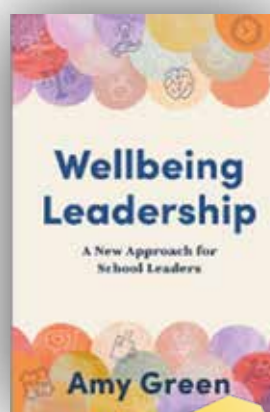
This book provides inspiring stories along with clear strategies to make teaching more meaningful and manageable. Common teaching issues, such as increasing student engagement and motivation, improving structure, maximizing prep and assessment time, reconsidering student-teacher interactions, and establishing positive teacher collaborations and support are given a fresh, relevant approach.



\$36

Understanding & Reducing Anxiety in the Primary Classroom

Written in a practical and accessible manner, the authors unpack the psychology behind issues related to students' mental health and provide illustrative, relatable anecdotes and helpful strategies to support a positive, anxiety-free learning environment. This is a must read for anyone working in a primary school. Readers will benefit from learning strategies to reduce the anxiety of the children they work with and to support the wellbeing of the wider educational community.



\$55

Wellbeing Leadership

This, Amy Green's follow-up book to *Teacher Wellbeing*, provides guidance and inspiration to foster a thriving school culture. In its pages Amy unveils four essential qualities for a wellbeing-centred workplace, and eight characteristics that empower staff to feel, work, team and lead well.

More than just a guide; it's a call to action. Amy invites you to rethink everything – from systems and processes to beliefs and assumptions. She encourages bold, brave action and leveraging the untapped power within your school setting.