

Habits of Resilient Educators

Strategies for Thriving During Times of Anxiety, Doubt, and Constant Change

Lindsay Prendergast | Piper Lee

It's time to shift the narrative — teaching should be joyful and teachers can feel successful...even in the face of challenging circumstances.

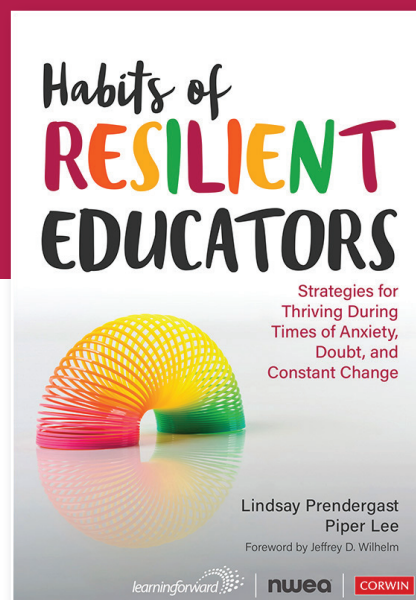
Habits of Resilient Educators provides teachers with the knowledge and tools necessary to develop habits that will create joyful, successful learning environments for themselves and their students.

As a team of eternal optimists, authors Lindsay Prendergast and Piper Lee draw from their vast collective experience and research-based knowledge to show the crucial relationship between teacher well-being and student success. What's more, they provide a practical framework that teachers can lean on to regain control of their mindset and their practice—despite the many factors outside of their control.

This book helps teachers unlock their full potential by

- Exploring the why's and how's of nine habits such as collaborating, setting high expectations, using data to drive decisions, prioritizing effectively, and more
- Providing on-the-spot reflection boxes, note-catchers, and planning tools—as well as at-a-glance “sounds like/ looks like” charts
- Offering a format that busy teachers can use personally, with a coach, or in a PLC; choose to focus on just one habit at a time, or do a jigsaw study with colleagues
- Sharing real-life stories of resilience and adaptation from educators that illustrate and bring each habit to life
- Detailing strategies you can use to navigate classroom challenges and develop a positive learning environment amid the complexities of contemporary education

Whether you're embarking on a personal growth journey or collaborating with colleagues through mentorship, coaching, or professional learning communities, turn to *Habits of Resilient Educators* to help you achieve teaching habits that will help you thrive, not just survive.



\$34.95, ISBN: 9781071919231

FIVE STAR REVIEWS



*“It is refreshing to read *Habits of Resilient Educators* to remind yourself of the reasons you chose a career in education. This read provides strategies to get through the day-to-day challenges found in dealing with the demands of working within a school system. It helps to bring you back to the reason you are in the classroom in the first place by setting up procedures and adjusting your mindset about what an effective educator needs to do daily to continue to find joy in this career.”*

**—Amanda S. Garman, Principal
R. B. Hunt Elementary School**