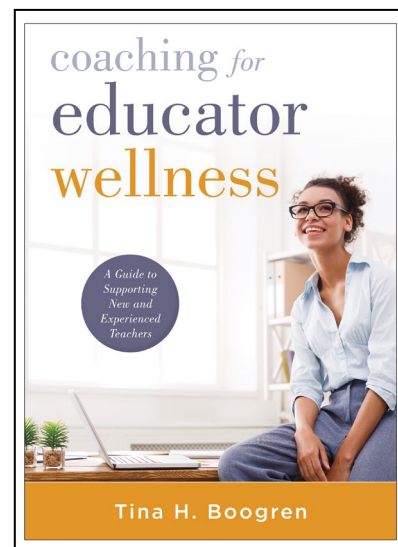


Coaching for educator wellness

A guide to supporting new and experienced teachers

Tina H Boogren

Date Available	July 2022
ISBN	9781760944261
Code/SKU	SOT4261
Price	\$43.95
Format	180 × 250 mm, 150 pages
Type	Professional development
Level	Primary Secondary
Topics	Wellbeing and mental health School communities Leadership
Supplementary resources	Download reproducible resources at go.hbe.com.au



Summary

Differentiating coaching practices for beginning and veteran teachers can be a challenge. In *Coaching for educator wellness: A guide to supporting new and experienced teachers*, author Tina H Boogren provides instructional and self-care strategies that coaches and mentors can implement to support all teachers. Boogren draws from her extensive coaching experience to share interactive activities and easy-to-replicate strategies for highly effective coaching to get educators from where they are to where they want to be.

F–12 instructional leaders and coaches will:

- review ways to practise self-care and instil a commitment to self-care in others
- explore strategies for differentiating coaching practices for new, new-to-the-building and experienced teachers
- see how to match the different types of support to each teacher's needs during each phase of the school year
- use tools to help support all teachers in increasing their expertise
- answer reflection questions to further their understanding.

Other resources

- *Educator wellness: A guide for sustaining physical, mental, emotional, and social well-being* (SOT0485)
- *180 days of self-care for busy educators* (SOT9952)
- *Take time for you: Self-care action plans for educators* (SOT7484)
- *The beginning teacher's field guide: Embarking on your first years* (SOT7507)
- *HEART!: Fully forming your professional life as a teacher and leader* (SOT3240)
- *Thriving as a new teacher: Tools and strategies for your first year* (SOT1550)