

[PDF] Awakened: Change Your Mindset To Transform Your Teaching

Angela Watson - pdf download free book

AWAKENED

Change Your Mindset to Transform Your Teaching

Do the never-ending pressures of teaching drain you emotionally? Is a lack of resources and support stealing your enthusiasm? Are the small daily hassles adding up and overwhelming you?

Effective teaching requires serious mental fortitude. This book will empower you to develop the resilient, flexible, positive mindset you need to:

- Consciously challenge the negative thoughts that discourage you
- Build your tolerance for frustration so you become less "shakable"
- Live beyond your feelings to stay motivated when you don't see results
- Change your perception of attacks so they feel less stressful
- Let go of unrealistic expectations, standards, and comparisons
- Realize a sense of accomplishment in a job that's truly never done

Awakened provides simple steps to help you feel peaceful and energized, no matter what's happening around you. Drawing upon principles of stress management, cognitive behavioral therapy, spiritual and biblical truths, and personal experience, *Awakened* helps you develop thought habits that produce an unshakable sense of contentment, motivation, and purpose. Learn how to renew your mind and take a fresh approach to the challenges of teaching!



ANGELA WATSON (author) Pressed into a classroom teacher for almost two decades, author Angela Watson has spent her career in education with an unusual level of confidence as an early childhood educator. Angela's first book, *The Classroom Classroom: Management That Makes Teaching More Effective, Efficient, and Enjoyable*, is valued as teacher preparation and support programs throughout the nation. She is the founder of The Homeschool and Educational Services and currently conducts a wide range of professional development as an Educational Consultant based in New York City. Her website is www.TheClassroom.com.



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Awakened can change your mindset...and that can change EVERYTHING.

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