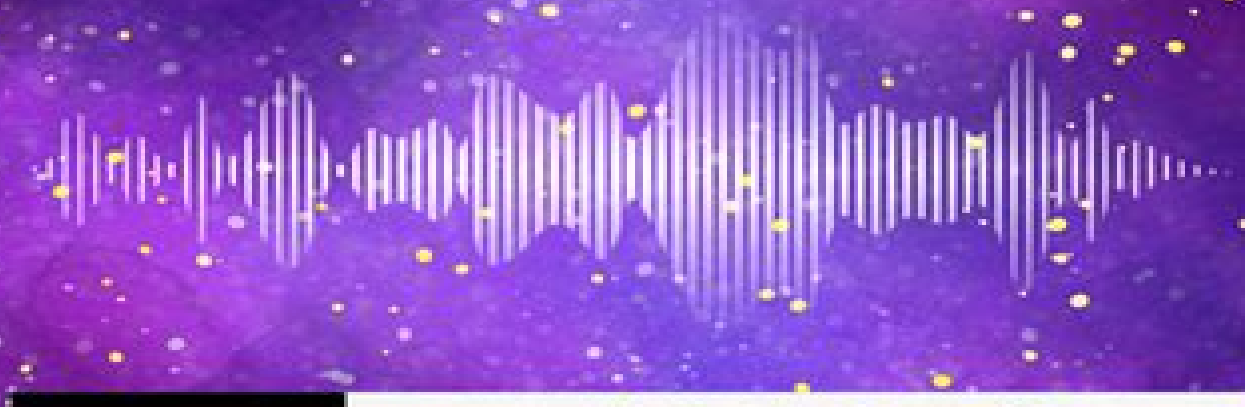


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The Peak Performing Teacher Michael S. Kuczala, Mike Kuczala,2022-01-17 Develop and implement an action plan for self care Cultivating focus re energizing oneself and improving daily habits are essential for educators well being and the good that they pass along to students However finding the time to implement new habits can be hard Because small changes are easier to plan for and realize Kuczala concentrates on the habits that are most likely to yield significant improvements This book guides educators in meaningful self reflection by providing Five critical practices to increase productivity and decrease anxiety Reflection prompts and vignettes to guide readers in developing self care strategies Practical checklists and templates to help educators maintain goals

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as the definition of creativity the development and expression of creativity across the lifespan the environmental conditions that encourage or discourage creativity the relationship of creativity to mental health intelligence and learning styles and the process of being creative Creativity is discussed within specific disciplines including acting architecture art dance film government interior design magic mathematics medicine photography science sports tourism and writing A wide range of topics are covered Here is a partial overview by topic Business and organizational creativity Advertising Creative Economies Creativity Consulting and Coaching Corporate Creativity Creativity Exercises Entrepreneurship Group Dynamics Innovation Leadership Management of Creative People Patents Teams and Training The Cognitive Aspects of Creativity Altered and Transitional States Analogies Attention Breadth of Attention Cognitive Style Divergent Thinking Flow and Optimal Experience Knowledge Logic and Reasoning Metacognition Mental Models Memory Metaphors Mind Wandering Mindfulness Problem Finding Problem Solving and Remote Associates The Creative Process Attribution Constraints Discovery Insight Inspiration Intentionality Motivation Risk Taking and Tolerance for Ambiguity Education Children s Creativity Education Intelligence Knowledge Metacognition Play Prodigies Programs And Courses Talent And Teaching Creativity Neuroscience Research Cellular Matter Grey Matter Cellular Density EEG Functional Magnetic Resonance Imaging Fmri Music and The Brain Pupillometry Systems The Cerebellum and Transcranial Electrical Stimulation Psychology The Big 5 Personality Characteristics Bipolar Mood Disorders Childhood Trauma Depression Deviance Dreams Emotions Expressive Arts Grit Introversion Jungian Theory Mad Genius Controversy Openness Schizotypy Suicide Therapy and Counseling Trauma and Transcendence and Transforming Illness and Visual Art Social Aspects of Creativity Awards Birth Order Criticism Consensual Assessment Diversity Eminence Families Friendships and Social Networks Geeks Mentors Millennials Networking Rewards And Sociology Society and Creativity Awards Climate For Creativity Cross Cultural Creativity Destruction Of Creativity Law And Society Social Psychology Social Transformation Voting War and Zeitgeist Technology Chats Computational Creativity Computerized Text Analysis Gaming Memes Networks and Maps and Virtual Reality *Lucifer* ,1889 The Burnout Fix: Overcome Overwhelm, Beat Busy, and Sustain Success in the New World of Work Jacinta M. Jiménez,2021-03-09 Winner of getAbstract s Readers Choice Award 2021 Named a Best Book on Burnout Recovery for 2022 by Choosing Therapy Featured on Business Insider as a top book to help you overcome burnout An evidence based resilience toolkit to help you find better more sustainable ways to succeed at work and life In The Burnout Fix the award winning psychologist and board certified leadership coach Dr Jacinta M Jim nez shows you how to harness science backed resilience strategies to survive and thrive in today s always on always connected world where a reported 60% of employees report being stressed out all or most of the time at work Packed with compelling real world stories from years of coaching and the latest research in positive social and motivational psychology The Burnout Fix shows how neglecting to nurture your personal pulse can undermine all your efforts at working harder and smarter You ll learn how integrate healthy personal PULSE practices into all aspects of your life from

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