

**Things don't get
easier; you just
get stronger.**



9th December 2020

Can I be the first to say 'well done' on following the link to the daily advent. You are demonstrating your openness to new motivations and development.

It has been a year like no other and you have developed new perspectives as a result of that. It may feel overwhelming and exhausting – but here we are on 9th December 2020. You are stronger. You have your own story for this year and with hindsight you will recognise your own achievements and resilience.

Today's book recommendation was published in 2018BC (before COVID) but is even more relevant today. It explores the reasons and solutions to teacher burn out. While it feels that we give more than we have and are appreciated by fewer than we would like – this book has 37 different papers that offer a positive perspective for change. Are you solution focused? Do you enjoy a book that you can dip into rather than red cover to cover? Then this may be for you.

