

[PDF] Stress Management For School Administrators: A Survival Guide

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Description:

About the Author Dr Thompson is an adjunct professor, instructional specialist, and education consultant. She received her B.Sc from the University of Maryland Eastern Shore, M.Sc from Nova SouthEastern University in Florida, and her Ph.D in Leadership and Administration from Barry University in Florida. She is director and founder of the Educators/Teacher Stress Institute located in Maryland, and author of Stress Management for Teachers and Understanding Teacher Stress in Light of Educational Reform. Dr. Thompson conducts professional development workshops on topics such as identifying and managing stressors in the school environment; CHAR(13) + CHAR(10)transforming a stressful school environment into a healthy learning environment conducive to student achievement; andCHAR(13) + CHAR(10)leading change in a stress free manner. Her commitment to education and more specifically, school improvement and professional

development, is commendable. Her competence, compassion, and ethics are exemplary, and she has more than proven her ability to lead. Dr. Thompson's amalgamation of knowledge and instructional skills come 'packaged' in a wonderfully friendly, witty, sincere and caring human being. Her personality is delightful. She is sensitive, flexible, respected and admired by her peers, subordinates, and superiors alike, and she shines with a humility that belies her intellectual brilliance.

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