

CONTENTS

Acknowledgements	ix
Introduction	1
Future language teacher development	19
Professional development	19
Personal growth	22
1 It's all about me	1
Introduction	1
Language teacher wellbeing: Why focus on me?	1
Language teacher wellbeing: What is it?	2
Professional development as growth, not repair	5
I teach who I am: Whole-person approaches	7
Focus on the individual, but also on contexts	8
Outline of the book	12
Recommended reading	14
2 Me and my workplace	15
Introduction	15
Positive organizations	16
Identifying with your workplace	25
Working with others	27
Language teacher autonomy	29
Managing innovation and change	31
Chapter summary	33
Recommended reading	34
3 Me and my mind	35
Introduction	35
Self-beliefs	35
Growth mindsets	40
Attributions and optimism	42
Attention and multitasking	44
The wandering mind and the subconscious	47
Chapter summary	48
Recommended reading	49

CONTENTS	
4 Me and my motivation	51
Introduction	51
Connecting teacher and learner motivation	52
Motivation and time	54
Day-to-day motivation	61
A sense of achievement	64
Chapter summary	67
Recommended reading	67
5 Me and my relationships	69
Introduction	69
Socio-emotional competences	69
Teacher–learner rapport	75
Language classroom group dynamics	77
Relationships in our workplace and communities	79
Protecting personal relationships	83
Chapter summary	85
Recommended reading	85
6 Me and my emotions	87
Introduction	87
The multiplicity of workplace emotions	87
Finding the joys	90
Emotional labour	93
Managing language teaching anxieties	95
Compassion for self and others	98
Chapter summary	101
Recommended reading	102
7 Me and my physical wellbeing	103
Introduction	103
Different types of stress	103
Work–life balance	107
Time management	110
Embodied mind	114
Mindfulness and full minds	116
Chapter summary	117
Recommended reading	118

8 Me and my future	119
Introduction	119
Future language teaching selves	119
Professional development	122
Personal growth	125
Pride as a language teacher	128
Motivational summary	129
Recommended reading	131
Glossary	133
References	137
Index	153