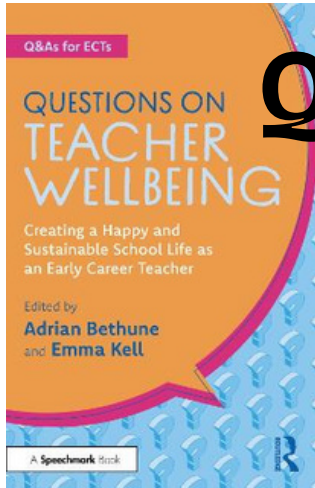


Praise & Author Info for

Questions on Teacher Wellbeing



Questions on Teacher Wellbeing provides an in-depth analysis of teacher wellbeing along with well-researched and experience-based practical guidance on how best to maintain your happiness as a teacher. In a personable tone, written by teacher-authors, this book goes far beyond simple ‘breathing exercises’ or ‘learn to say no.’ A must-read for all teachers, irrespective of experience.

Omar Akbar, Teacher and Author

This timely book combines insight from the classroom with practical tips on how to think about, and actively protect, your wellbeing as a newly-minted teacher. From AI to sleep hygiene, this book is full of ideas about setting and holding boundaries that will help you thrive in your career.

Sinéad McBrearty, CEO, Education Support

Emma Kell is Director of Those That Can Ltd. She has 26 years of experience as a teacher and leader in UK secondary schools and currently teaches in alternative provision. She is a qualified performance coach and speaks regularly on teacher wellbeing and school culture and communication.

Adrian Bethune is a part-time primary school teacher, associate lecturer at Oxford Brookes University, Deputy Chair of the Well Schools strategic board and the founder of Teachappy. In 2012, he was awarded a ‘Happy Hero’ medal by Lord Layard at the House of Lords for his work on developing wellbeing in schools.

This compassionate and practical guide for teachers navigating the relentless demands of the profession is written with wisdom, empathy and clarity, offering realistic strategies to manage workload, perfectionism and energy across the school year. From the ‘must, should, could’ tool to thoughtful reflections on using AI effectively, the advice is grounded in lived experience and a deep understanding of teaching’s challenges. It reminds educators that ‘good enough’ truly is good enough, empowering them to reclaim balance, sustainability and joy in their work. A reassuring, insightful and essential read for every teacher.

Professor Haili Hughes, Director of Professional Development at All Saints MAT and Professor of Coaching at Academica University of Applied Sciences