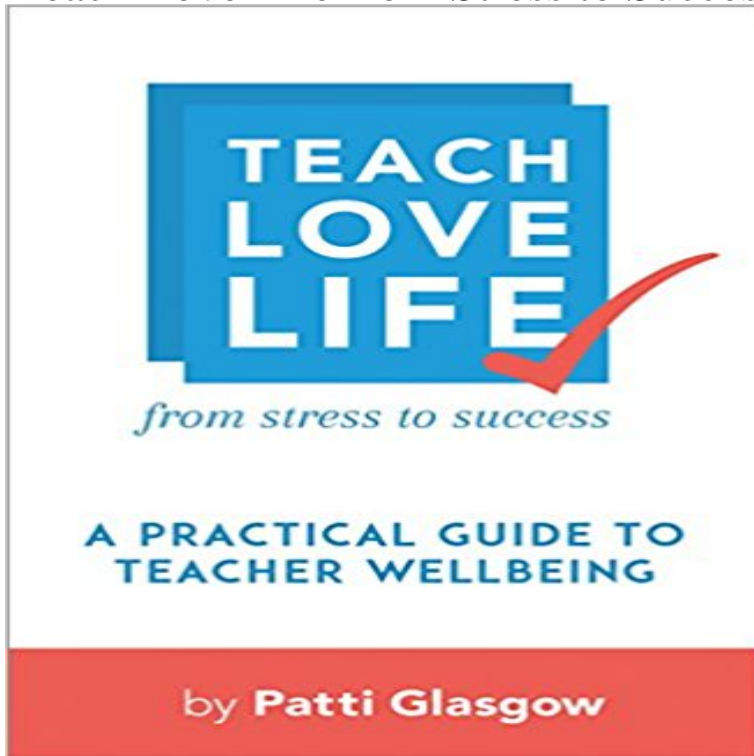


Teach Love Life from Stress to Success



With one in four teachers leaving the profession, it's now more important than ever that the contribution and wellbeing of teachers is acknowledged and valued. There are many brilliant teachers who are taking care of our next generation, yet are on the brink of burnout themselves. While these teachers enjoy teaching, they do not enjoy the ever-increasing workloads and additional pressures infiltrating their personal lives. One question asked by many hard-working teachers is, How do we get more balance, more energy and more time to do what we need to do? Rather than waiting for the system to change, Patti Glasgow decided to do something about it. In the midst of looking after her three children, teaching, and running a coaching business, Patti wrote Teach Love Life, a series of step by step strategies and practises that will enable you to create a lifestyle and a working method that is right for you. Whether you want four hours with your kids at night or to not collapse on the floor after a days teaching, Teach Love Life will help you create the life you're after. Patti's hope is to nurture teachers so that they can manage their work-life balance, minimise their stress and enjoy doing the most important job in the world: teaching. Her goal is to support teachers so they can go from surviving to thriving. Teach Love Life is Patti's contribution to ensure that teachers can teach and love life.

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