



**Take control of your time:
Time management strategies and case studies for SENCOs**



This FREE eBook was written for SENCOs (March 2016). However, the five principles listed and accompanying activities can be used by any teacher. The introduction is from the eyes of an NQT. The personal story helps to highlight why teacher well-being is important.

ITT providers can also share this with the SENCOs in their partnership schools.

Feedback from using the eBook has been very encouraging especially where practitioners have shared how the change in approach has supported retention and a more balanced lifestyle.

To access the eBook, click [here](#).