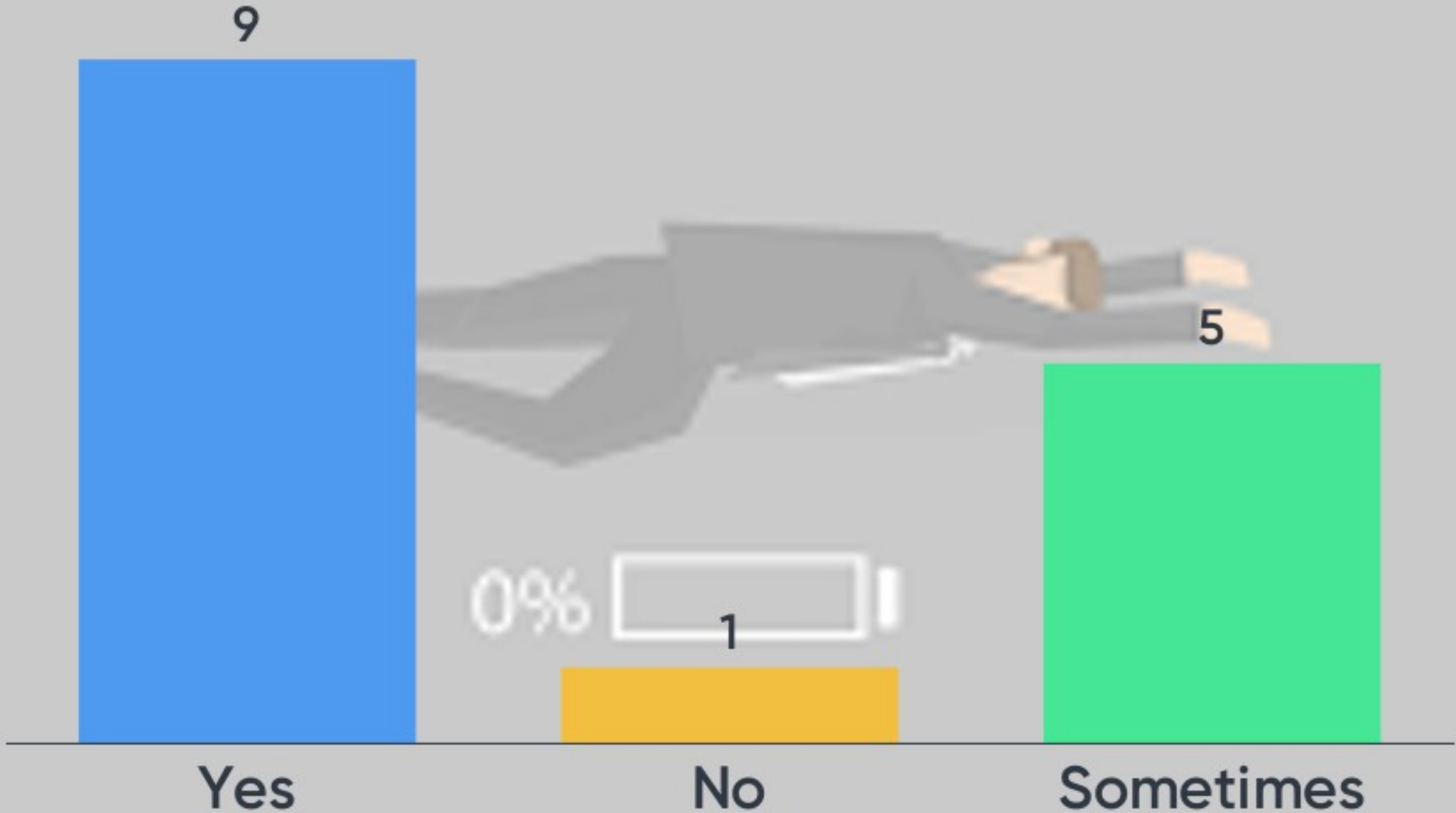


Who feels like this?



Which aspect of your job do you find most difficult?

Strongly disagree

Strongly agree

Physical aspect

2.5

Skills and knowledge required

2.9

Emotional involvement

4.3

How do you manage this challenge?

Gin

Running, yoga, talking to support network

Sleep

Talk to family

Seek support and advice from colleagues

Yoga, running and talking to friends and colleagues

Talking to colleagues

Quality time with family/friends

Prioritise effectively

How do you manage this challenge?

Accept 'good enough'
sometimes

Talking to others

Long driving
singing(screaming) to good
ballads

Talking to colleagues

Good work life balance.
Spending time with
family/friends

Prayer

Looking back, what would have helped you through your 1st year?

Better support from NQT mentor

Colleagues and family

Colleagues help and support of mentor

A more support environment

Recognising everything didn't have to be perfect

More time with mentor

More time to observe good practice

To know that it's okay to be struggling and to ask for help

Good advice

Looking back, what would have helped you through your 1st year?

Remembering that you can't do everything