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Onward: Cultivating Emotional Resilience in Educators
 by Elena Aguilar. Jossey-Bass. © 2018. 372 pages.
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educators tend to take care of others and neglect to take proper care of themselves. Mindful of this trend, author Elena Aguilar presents *Onward: Cultivating Emotional Resilience in Educators*. This book will

help educators focus more intently on emotional resilience. As a teacher, consultant, and coach, Aguilar shares her knowledge, experiences, and valuable advice in 12 chapters and a comprehensive appendix of resources.

An extensive introduction puts the reader in the right mindset for what is coming. The text begins with a scenario: “Imagine it’s the end of a rainy Friday when kids didn’t get time outside and you had to supervise indoor recess. You had only 10 minutes for lunch, during which you inhaled a bag of chips and a soda” (p. 1). Anyone who has worked as an educator can relate to this scene, and it sets the stage

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for the discussion of emotional resilience. As further preparation for exploring the topic, the reader acquires valuable tools to use and save for future reference: “Framework for Resilience,” “Habits and Dispositions of Emotionally Resilient Educators,” “Calendar of Learning,” and “Resilience Manifesto.”

Each chapter opens with a resilience graphic organizer highlighting the element that depicts the focus of the chapter. Replete with illustrations, figures, and supporting boxes, *Onward* features catchy and inviting chapter titles such as “Understand Emotions,” “Cultivate Compassion,” and “Celebrate and Appreciate.” A blurb at the start of the chapter orients the reader to the specific topic. For example, in Chapter 3, “Tell Empowering Stories,” the blurb explains, “How you interpret and make sense of events is a juncture point where emotional resilience increases or depletes. . . . When you tell empowering stories, your optimism may expand” (p. 69). The end of each chapter offers an opportunity for reflection by providing thought-provoking questions to stimulate further conversation.

As a writer, Aguilar connects well with her readers. Throughout the book, she scat-

ters personal stories and analogies based on her own experiences. For example, in Chapter 8, “Cultivate Compassion,” she shares, “I regularly practice Pilates so that my back doesn’t hurt. In the same way, I have to be intentional about building compassion” (p. 199).

Though the book may seem lengthy for busy educators, Aguilar clarifies that her book is designed for professional development and does not have to be digested all at once or in any set order. The author suggests absorbing each chapter over the course of a calendar year, beginning with “Know Yourself” in June.

One point of possible confusion is the audience for the book. The chapters are focused on teachers; yet, interspersed throughout the book are text boxes offering “Implications for Leaders.” In Chapter 9, “Be a Learner,” five different boxes supply bullet points that apply to leaders. These boxes seemingly could have been more relevant if they built on chapter content and provided “Implications for Teachers.” The work of teachers and leaders is different. Each group could benefit from an entire book on emotional resilience dedicated just to their role. ■