

# FROM BURNOUT TO BALANCE: STRATEGIES FOR TEACHER WELL-BEING

**From Burnout to Balance: Strategies for Teacher Well-being" is a transformative training program designed to equip educators with practical tools and techniques to navigate the challenges of teaching while prioritizing their own well-being.**

## **Description:**

### DAY 1

- Understanding Burnout
- Introduction to Burnout: Signs, Symptoms, and Causes
- Recognizing Burnout in Yourself and Others
- Understanding the Impact of Burnout on Teacher Well-being
- Exploring Contributing Factors to Burnout in Education
- Self-Assessment: Reflecting on Personal Stressors
- Group Discussion: Sharing Experiences and Insights

### DAY 2

- Self-care Practices
- Importance of Self-care for Teacher Well-being
- Identifying Self-care Strategies: Physical, Emotional, and Mental
- Mindfulness and Stress Reduction Techniques
- Developing a Personalized Self-care Plan
- Setting Boundaries and Prioritizing Self-care
- Practical Self-care Activities and Resources

### DAY 3

- Building Resilience
- Understanding Resilience: Definition and Characteristics
- Resilience-building Strategies for Teachers
- Cultivating a Growth Mindset
- Overcoming Obstacles and Challenges
- Embracing Failure and Learning from Setbacks
- Group Activities: Building Resilience Through Collaboration

### DAY 4

- Creating Supportive Environments
- Importance of Social Support in Preventing Burnout
- Nurturing Relationships with Colleagues and Mentors
- Peer Support Networks and Professional Communities

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- Establishing Supportive Classroom Environments
- Fostering Positive Student-Teacher Relationships
- Group Discussion: Sharing Strategies for Creating Supportive Environments

#### DAY 5

- Sustainable Practices for Teacher Well-being
- Strategies for Work-life Balance
- Time Management and Prioritization Techniques
- Creating Sustainable Work Habits
- Goal Setting for Teacher Well-being
- Action Planning: Implementing Strategies for Long-term Well-being
- Reflection and Next Steps: Committing to a Healthy Work-life Balance

#### Learning Objectives:

- **Understanding of Burnout:** Participants will gain a comprehensive understanding of burnout, including its signs, symptoms, causes, and impact on teacher well-being.
- **Identification of Personal Stressors:** Participants will learn to recognize their own stressors and triggers that may contribute to burnout, enabling them to proactively address and manage these factors.
- **Self-care Practices:** Participants will explore a variety of self-care strategies, including physical, emotional, and mental well-being techniques, and develop personalized self-care plans to support their overall well-being.
- **Resilience Building:** Participants will learn resilience-building strategies to bounce back from setbacks, overcome obstacles, and navigate challenges more effectively, fostering a greater sense of adaptability and perseverance.
- **Creation of Supportive Environments:** Participants will understand the importance of social support in preventing burnout and learn strategies for nurturing supportive relationships with colleagues, mentors, and students, both in and out of the classroom.
- **Sustainable Work Habits:** Participants will explore techniques for achieving work-life balance, managing time effectively, and establishing sustainable work habits that promote long-term well-being and prevent burnout.
- **Goal Setting and Action Planning:** Participants will set goals for improving their well-being and develop actionable plans for implementing strategies learned during the training, enabling

them to make tangible progress towards achieving balance in their professional and personal lives.

- **Reflection and Commitment:** Participants will engage in reflective practices to assess their current well-being status, reflect on their learning experiences, and commit to ongoing self-care and well-being practices beyond the training, fostering a culture of continuous improvement and self-care among educators.

## Methodology & assessment

### Methodology

**Pedagogical Approaches:** Teacher training courses typically employ various pedagogical approaches to model effective teaching practices. This may include lectures, interactive seminars, workshops, and hands-on teaching experiences.

**Practical Teaching Experience:** Practical teaching experience is a fundamental component of teacher training. Participants often have opportunities to observe experienced educators and engage in actual teaching in classrooms or educational settings. Feedback and guidance from mentors are essential during these experiences.

**Collaborative Learning:** Collaborative learning is often encouraged in teacher training courses. Participants may work in groups to develop teaching materials, lesson plans, and teaching strategies. Collaborative projects can promote the exchange of ideas and best practices.

**Reflective Practice:** Reflective practice is a crucial aspect of teacher training. Participants are encouraged to reflect on their teaching experiences, analyze their teaching methods, and consider how to improve their practice. Journals, written reflections, and discussions are common tools for fostering reflective practice.

### Assessment

**Written Assignments:** Teacher training courses often include written assignments, such as research papers, case studies, or essays, on topics related to education and teaching methods.

**Examinations:** Some teacher training courses may include written examinations to assess participants' understanding of pedagogical theories, educational psychology, and other relevant subjects.

**Professionalism and Communication:** Assessment may also consider participants' professionalism, communication skills, and ability to collaborate with colleagues, parents, and students.

**Feedback and Self-Assessment:** Regular feedback from mentors and self-assessment are crucial components of teacher training assessment. Participants are encouraged to use feedback to improve their teaching skills

## Certification details

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1. **Completion Certificate:** Upon successfully completing a teacher training course, you will typically receive a completion certificate or diploma from the training provider or institution. This certificate acknowledges your participation and successful completion of the training.
2. **Course Duration:** The duration of teacher training courses can vary widely. Some may be short-term workshops or seminars, while others may be more comprehensive and span several weeks or months. The certificate may indicate the total number of hours or credits completed.
3. **Content and Curriculum:** The certificate should outline the key topics, content, and skills covered during the training. This information helps future employers or educational institutions understand the scope of your training.
4. **Credits or Continuing Education Units (CEUs):** In some cases, teacher training courses may offer academic credits or Continuing Education Units (CEUs). These credits can be valuable for professional development and may be recognized by educational authorities or institutions.
5. **Language of Instruction:** If the teacher training course is conducted in a language other than your native language, the certificate may indicate your language proficiency level or the language in which the training was delivered.
6. **Evaluation and Assessment:** Teacher training courses often involve assessments or evaluations of your performance. The certificate may include information about your performance in the training, such as grades or evaluations.
7. **Recognition and Accreditation:** Ensure that the teacher training course and the institution providing it are recognized and accredited by relevant educational authorities or professional bodies. This can affect the credibility and transferability of your certificate.
8. **Pedagogical Practices:** If the training includes practical teaching experience or classroom observations, the certificate may highlight your proficiency in specific pedagogical practices or teaching methodologies.

#### Pricing, packages and other information

- **Price:** 400 Euro
- **Package contents:** Course

#### Additional information

- **Language:** English
- **Target audience ISCED:**
  - Primary education (ISCED 1)
  - Lower secondary education (ISCED 2)
  - Upper secondary education (ISCED 3)
- **Target audience type:**  
Teacher, Careers Counsellor , Researcher
- **Learning time:** 25 hours or more