



*THE PREVENTION AND
MANAGEMENT OF TEACHER
BURNOUT*

AN AFTERNOON WORKSHOP

PRESENTED BY:

JOHN BUSWELL

(CEO OF THE PROACTIVE EDUCATION GROUP)



INTRODUCTION

*South Africa has over **375,000 educators** teaching in our Primary and High Schools. In a recent survey 12.1% of Teachers indicated that they suffered from **Teacher Burnout (45,375)**, more troublesome is the fact that **8% of teachers** indicated that they took over **20 days of sick leave** per year, due to burnout. **That equates to over 3.6 Million teaching hours lost to South African learners each year.***

*Burnout is defined as a **multi-dimensional syndrome** that consists of three cognitive/affective components: emotional exhaustion; depersonalisation or becoming callous towards and withdrawing from learners or colleagues. Teacher burnout could be the **biggest threat** to education in South Africa with many teachers leaving the profession due to **emotional and physical exhaustion**. **How does your School Management Teams deal with real threats? WE HAVE THE SOLUTION.***

THE PREVENTION AND MANAGEMENT OF TEACHER BURNOUT WORKSHOP

Do you remember the days when your teachers bounced into the staffroom happy and bubbly and full of life? Ever wonder where those fresh faced, creative, enthusiastic educators with a hunger for making the world a better place, for caring about their learners and for going the extra mile have gone?

It isn't easy, trying to be creative and change lives. Having that on your shoulders alone is a big burden, but then facing what our teachers have to face on a daily basis with difficult learners, parents and various departments making unreasonable demands, makes it impossible to stay fresh, motivated and positive.

One of the biggest challenges facing education in South Africa is **EDUCATOR BURNOUT!** Exhaustion and burnout set in and those lively people just disappear. It may just creep up on you or perhaps they have been deteriorating for a while, but how do you help them?

Here's how we can help you! The Proactive Education Group, headed up by our CEO John Buswell, are deeply committed to schools and understand these challenges you face. As a recognised leading service provider to the South African education sector with years of experience in all aspects of school management we would like to introduce you to the latest product in our **SMARTER LIFE AND LIFESTYLE RANGE FOR EDUCATORS**. Our **Teacher Burnout Workshop** will get the blood pumping through those veins and the enthusiasm sprouting out those pores again.

In our **Teacher Burnout Workshop**, we will cover:

Section 1

Burnout – the toxic mix of circumstances

- The challenges facing education in South Africa
- Excluding and understanding trauma – from a teacher's perspective
- Understanding the impact that burnout has on the "whole" school

Section 2

Understanding the concept of teacher burnout

- An introduction to burnout
- Stress vs burnout – a teacher’s perspective
- The sources of burnout in the school environment
- Work situations that cause burnout
- The stages of burnout
- Identifying the symptoms of burnout
- Teaching and burnout – developing a staff diagnostic program
- The influence of personalities in the staff room
- Understanding the three dimensions of burnout

Section 3

Developing and introducing a program to deal with and prevent future burnout in the school environment

- Management skills that deal with burnout
- Problem solving and planning
- Developing new coping styles
- Changing the “victim” mind set
- Introducing Smart lifestyle choices in the work environment
- The importance of Team Building

Cost of the workshop

R 398.00 per delegate – please note that due to the interactive nature of this workshop numbers attending this workshop will be limited – bookings to be treated on a first come first served basis.

Time

13:30 registration Time: 14:00 – 16:30

Delegates will receive

- Refreshments
- Certificate – SACE CPTD allocation / Type 3 / 10 points / Leadership and management
- Work book

Please bring a note pad to the workshop

Please find the attached booking form – Please ensure that we receive the booking form for certificate purposes.

The Proactive Education Group
Booking Form
Registration: 13:30 workshop: 14:00 – 16:30

The Prevention and management of Educator Burnout

Name of school:	
Contact person:	
Tel and Fax no:	
Email:	
Physical address	

DATE AND VENUE DETAILS

<u>Date/2017</u>	<u>Venue</u>	<u>Address</u>	<u>Workshop attending (Please specify)</u>
24 October	Die Adelaar H/S	Cnr South & Vermooten Rd Princess Roodepoort	
25 October	Montrose primary	91 12 th street Parkmore Sandton JHB	
1 November	Paarl School Brackenfell	Rogland street Brackenfell (CT)	
7 November	Pinetown Senior	Cnr school road & Pinetown Church lane street (KZN)	
8 November	Farrarmere primary	39 Kwartz str Farrarmere Benoni	

DELEGATES ATTENDING

These names are required for certificate purposes please write neatly: if more delegates are attending please duplicate this page

1.	2.
3.	4.
5.	6.
7.	8.

WORKSHOP FEE AND PAYMENT

Workshop Fee	R 398.00 per delegate	Total = _____
EFT Bank	ABSA	
Account name	Rape Wise / T/A The Proactive Education Group	
Account number	406 497 6342 (Cheque account)	
Branch Code	632005 (Please use your schools name as reference)	

IMPORTANT INFORMATION

1. All payments are to be paid in advance to secure your booking
2. Booking forms have to be emailed to debbie@tpeg.co.za or faxed to 086 6967807/031 5726081
3. Enrolments are open to Psychologists, students, educators, social workers and support staff
4. Certificates will only be issued to delegates who complete the workshop
5. **Please bring a note pad to the workshop**
6. A 75 % Cancellation fee will be charged for cancellations within 1 week of the workshop
7. No fees or part thereof are refundable if you do not show up for the workshop
8. SACE CPTD allocation /Type 3 / 10 points / Leadership and management
9. For additional information please contact 031 5726690 or 083 3308535