

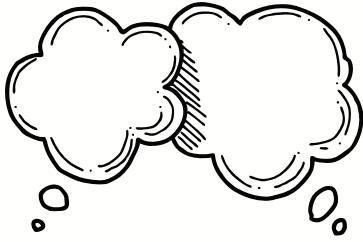


**From BURNOUT**  
**to**  
**BRILLIANCE**



*course notes*

# From Burnout to *Brilliance*



## Finding your Why?

Why did you decide to become a teacher?

What sparked your interest in teaching?

What type of environment do you want to provide for your learners?

What fulfillment do you get from teaching?

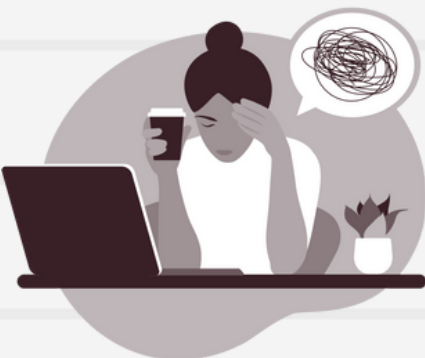
➤ Describe your ideal teaching day.



➤ Describe a situation which leaves you feeling burnout.

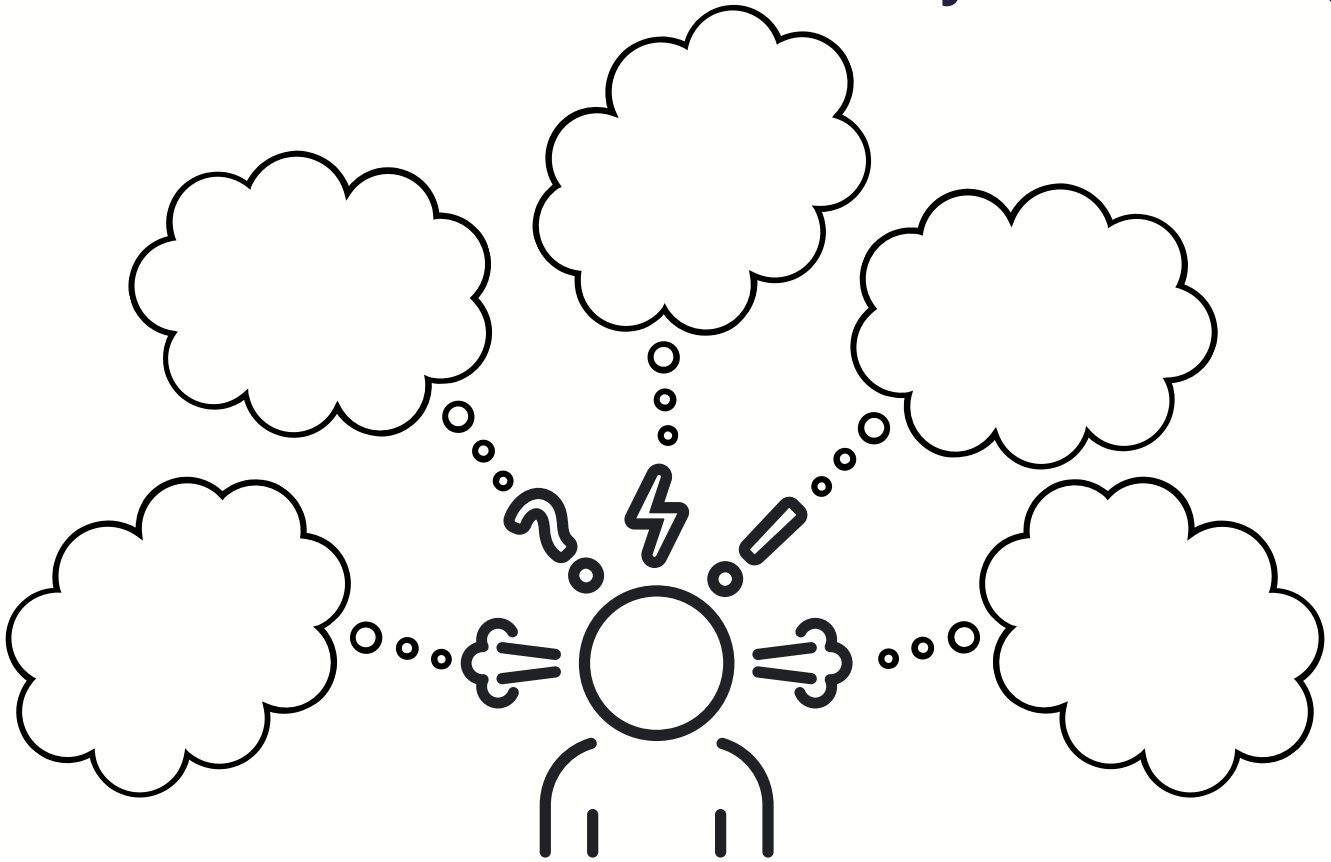
➤ How often do you feel moments of success vs. moments of burnout?

➤ Can YOU do something about burnout moments?  
Are they in your control?





# My Burnout signs



## Burnout Triggers



I feel \_\_\_\_\_ when \_\_\_\_\_

I feel \_\_\_\_\_ when \_\_\_\_\_

I feel \_\_\_\_\_

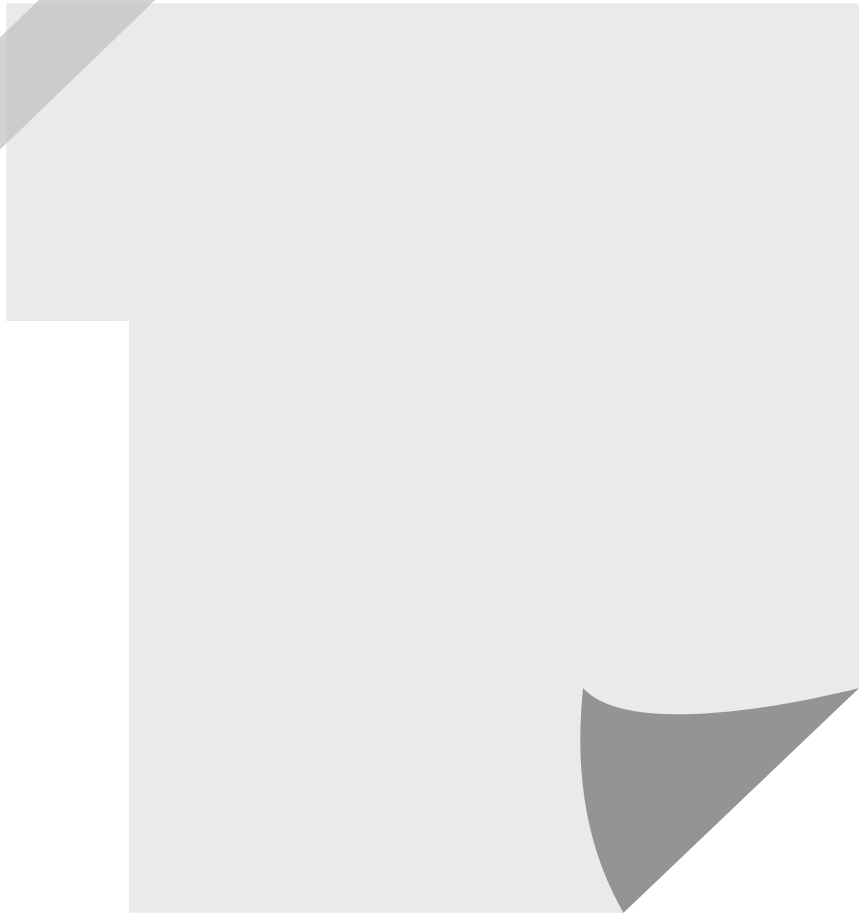
I feel \_\_\_\_\_

I feel \_\_\_\_\_

What/who has helped you move out of burnout before?



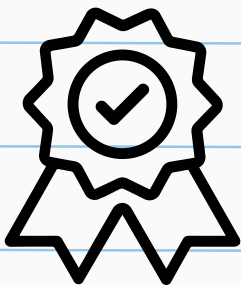
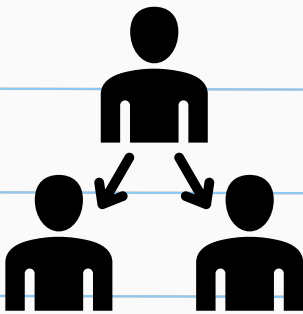
Notes



# Building Resistance

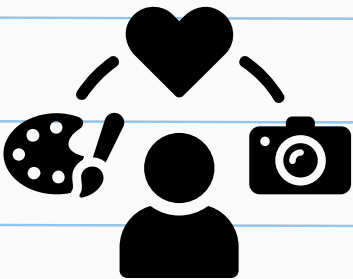
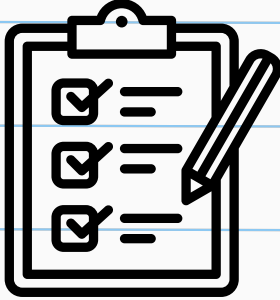


# Taking charge of your teaching

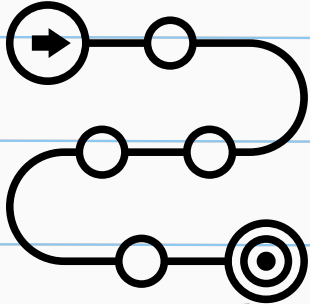




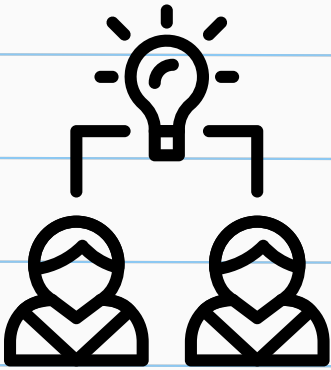
# Self-care



# Professional Growth



**GOALS!**



# Being Brilliant

**Make your WHY and goals visible**

**Maintain a positive mindset**

**Accountability partner**

**Put your plan into action!**

**Seek professional help**

[www.teacharesources.com](http://www.teacharesources.com)



[www.teachainspire.com](http://www.teachainspire.com)



thank  you