

Featured Course #1

# Extinguishing Teacher Burnout

Course Syllabus for K-12 Teachers



## What You Will Learn

This is currently teachers' favorite course and will allow you to learn the secret to extinguish and escape one of the most deadliest chronic illnesses in the workplace – BURNOUT.

## Teacher Comment

"Thank you, this was the greatest class I ever took in my entire academic and professional career!"

# COURSE SYLLABUS

## Extinguishing Teacher Burnout

**Number of Credits:** 3 Credits

**Course Expiration:** 6 months from date of purchase

### How long does it take a busy teacher like myself to finish this course?

Answer: This course will take you a comfortable 8 weeks of sitting down on your Saturday evenings, with a cup of tea (or coffee). Many can finish it in 6 weeks.

### Objectives:

1. Protect your job from anxiety and understand the simple steps needed to avoid burnout.
2. Learn the true definition of burnout and understand its symptoms.
3. Learn a 5 minute exercise that will extinguish burnout quickly and effectively.
4. No matter how shy, timid or self-deprecating you are, learn a simple technique on how to protect your boundaries with professional confidence.

### Course Overview:

Research has shown that there are four main categories of teacher activity that cause burnout. 1) A misalignment in expectations between a teacher and their administrator. 2) Disruptive behavior by students in the classroom. 3) The need to work an inordinate number of hours. 4) Needing to handle personal issues and emergencies on the Homefront.

When a teacher experiences one or more of these scenarios, they become cynical regarding their profession and experience a chronic illness called burnout. By taking this course, you will learn a powerful way to restore passion in your teaching profession and protect the personal space you need to perform at top levels as an educator. Sign up for this course today and you will learn to say "goodbye" to burnout forever.

### Course Lessons:

Introduction

Unit 1: A Year of Burnout Across the American Nation

Unit 2: What Does It Mean to be Burned Out?

Unit 3: The Pressure is Real!

Unit 4: History of Burnout in America

Unit 5: Key Solutions

Unit 6: Classroom Must-Haves

Unit 7: Putting it All Together

Unit 8: A Word of Comfort

### One of the Favorite Parts of this Course:

There are 8 forums (discussion boards) where teachers discuss (and delightfully vent) everything from how they ran into their "breaking point" to absolutely phenomenal ways they found out how to enjoy "break through moments" that completely turned their career around - for the better. You will read teacher stories that will both delight you and amaze you with educators documenting their experience with phrases like: "I have a few kids who really lack impulse control..." or "Everything was beginning to cave in. After I finished praying and crying I went home and wrote in my journal..." Learning how others faced unimaginable burnout situations but in the end extinguished their own burnout, will add to your toolbox a diverse number of ways to face any circumstance.