



THE EDUCATOR'S ROOM  
LEARNING ACADEMY

"CREATING SOLUTIONS TO  
PROBLEMS ALL TEACHERS HAVE"



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# **Module 1: Attacking Teacher Burnout at the Core**

**Length: 8 Weeks**

**February/March**

**Teacher at the beginning  
of the school year**



**Teacher at the end  
of the school year**



# Module 1 Objectives

By the end of this module, teachers will be able to:

- Reflect on their personal “triggers” for feeling “burned out.”
- Understand that teaching is a job that matters no matter what the public says.
- Take what they know works for kids and verbalize it to the “powers that be”
- Use their toolkit of resources to get over teacher burnout and come back to the classroom feeling refreshed.
- Be confident in their ability as an expert in education and to use that expertise to make decisions as necessary.

# Introduction

- This module is divided into two, equal parts. The first part is a book study on Keep the Fire Burning: Avoiding Teacher Burnout, and the second part looks at empowerment of teachers.
- In Keep the Fire Burning: Avoiding Teacher Burnout, seven classroom teachers give an unparalleled look into their everyday life in the 'pressure cooker' known as a classroom. While some of the teachers survived tremendous pressures, others decided it was to leave the profession.
- Please check your email to make sure you received a copy of the book when you signed up for this service.

# How are the courses structured?

Weekly Activities

Reflections/Discussions

Resources- PDFs, Podcasts, Videos

# Things to Know

- Every week, teachers will receive an email update on Friday evening by 10 PM EST that will consist of the materials for the upcoming week.
- New content is sent weekly to avoid teachers feeling overwhelmed with the amount of information being given to you.
- Please be sure to check your SPAM/Junk folder if you do not receive your update.
- This program is twelve months long and each month has a different focus.



# What Do You Need to Be Successful?

- This course is not like the traditional courses offered in teacher training programs.
- Instead, these are courses designed to address real life issues teachers face in their classrooms.
- These courses are mean to make you think before you react. Please give yourself time to actually think about what you want to accomplish with this content.
- If you have any questions, please email us as [thelearningacademy@theeducatorsroom.com](mailto:thelearningacademy@theeducatorsroom.com)

# Contact Information

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