

## May Newsletter 2018



Steve Waters: Founder  
Visit our Website:  
[www.teachwellalliance.com](http://www.teachwellalliance.com)

## What is Teacher Burnout and how do we tackle it?



Hello. I hope you're coping with the pressure of preparing your learners for their SATs, GCSEs and A-Levels and managing to support them with their own stress and anxiety.

Since the April newsletter, I have been researching **Burnout**. Christina Maslach began her pioneering work into Burnout in the 70's and identified 6 causes of **Burnout**:

1. **Workload;**
2. **Lack of control;**
3. **Lack of reward;**
4. **Lack of community;**
5. **Lack of fairness;**
6. **Conflict of individual values with the values of the organisation.**

Teachers on social media and on our Basecamp Teach Well Alliance community have told me that these 6 factors resonate with their own and their colleagues' experiences. Maslach's concept of Burnout and its causes will therefore form a framework for the Teach Well Alliance's wellbeing programme, the Teach Well Toolkit.

A three-minute video 'Video 1. Tackling Teacher Burnout: Workload' has been shared on social media and the link uploaded to the Teach Well Alliance website:

[www.teachwellalliance.com#tackling-teacher-burnout](http://www.teachwellalliance.com#tackling-teacher-burnout)

5 further videos will be created, one each week, until the end of May, focusing on each of the causes of Burnout in turn.

A three-minute video 'Video 1. Tackling Teacher Burnout: Workload' has been shared on social media and the link uploaded to the Teach Well Alliance website:

[www.teachwellalliance.com#tackling-teacher-burnout](http://www.teachwellalliance.com#tackling-teacher-burnout)

5 further videos will be created, one each week, until the end of May, focusing on each of the causes of Burnout in turn.

## Teach Well Alliance Conference Plans

**It is now only two months to the first Teach Well Alliance conference at Tipton School, Sheffield on 3rd July. This will be followed by the same conference at St Mark's Primary School, Mitcham, Surrey on 10th July.** In response to teachers' comments and discussions on social media and in our Basecamp community, I have sharpened **the focus of the conferences to: 'Tackling Teacher Burnout: Halting the Education Crisis'**. There is a limited time to get a £40 discount by buying an early bird ticket. Please help us to spread the message about the conference by posting the details to your social media accounts.

**Purchase your ticket on Eventbrite for the Sheffield venue at:**  
<https://www.eventbrite.com/e/teach-well-alliance-conference-north-tackling->

[teacher-burnout-halting-the-education-crisis-tickets-42129555635](https://www.eventbrite.com/e/teacher-burnout-halting-the-education-crisis-tickets-42129555635)

Purchase your ticket on Eventbrite for the Mitcham venue at:  
<https://www.eventbrite.com/e/teach-well-alliance-conference-south-tackling-teacher-burnout-halting-the-education-crisi-tickets-42529573098>

## Did you know?

We have an invitation-only **Teach Well Alliance Community** hosted on **Basecamp**. If you don't know Basecamp, you will soon get used to it. **Join us there, share ideas and strategies, and get access to a growing library of articles and documents on wellbeing, both in education and in the workplace.**

If you would like to be sent an invitation to join **Basecamp** via email, contact me, Steve Waters, at [steve@teachwellalliance.com](mailto:steve@teachwellalliance.com), simply adding the word '**Basecamp**' to the subject line.

**Next Newsletter: June 2018**

**The impact of wellbeing strategies  
in schools on teachers and pupils.**



TEACH  
WELL  
TOOLKIT

Teach Well Alliance | 07504635431 | [steve@teachwellalliance.com](mailto:steve@teachwellalliance.com) | [www.teachwellalliance.com](http://www.teachwellalliance.com)

STAY CONNECTED

