



Executive Summary

Inside the School 20-Minute Trainer: How Can I Make Sure Personal Accomplishments Are Recognized?

Nearly half of all teachers quit the profession during their first five years according to the National Center for Education Statistics. Keeping quality educators is one of the keys to student success. But how can you stay in a profession that demands so much of your time and energy? How do you avoid burnout? "Burnout" is a clinically studied and well-defined condition that you can actively avoid or "cure" by learning ways to handle some common issues. **Inside the School's 20-Minute Trainer How Can I Make Sure Personal Accomplishments Are Recognized?** will discuss practical strategies teachers can apply to avoid burnout and remain in the profession.

Presenter Nathan Eklund, M.Ed. will help you clearly define the professional roles that you're able to fulfill and isolate the roles that are burdening you. You will be able to shape your day and work experiences around the positive teaching segments that make you feel successful and in control. Eklund will discuss how to find a solid balance between the "actual" work of teaching with the "other" work of teaching that can build up and negatively impact teachers' performance and mind-set.

The three primary traits of burnout include emotional exhaustion, depersonalization and diminished personal accomplishment. *How Can I Make Sure Personal Accomplishments Are Recognized?* will give you strategies to avoid those cynical attitudes that can develop towards students, parents and colleagues. It discusses how teachers can avoid the trap of feeling that they can no longer give of themselves as they did early in their careers.

After viewing the *20-Minute Trainer* you will be able to identify:

- On-going and reoccurring professional moments that make you feel the most effective and opportunities to increase the number of occurrences that reflect these moments
- Specific roles teachers play at school and think about which ones are fulfilling and which ones are taxing
- Steps you can take to better balance the multiple roles you play in the school setting

About the Presenter: Nathan Eklund, M.Ed.

Nathan is Search Institute's Senior Education Consultant. In this capacity Eklund works with schools nationwide in implementing strength-based strategies and in professional development efforts to improve school and staff climates. Prior to his present role, Eklund taught high school English for twelve years and was head coach of the boys' soccer team.

Eklund holds a Bachelor of Arts in English from St. Olaf College and a Masters of Education from the College of St. Scholastica. His Masters thesis focused on the relationships between socio-economic status and ability-based tracking in high schools.

Eklund's book *How Was Your Day at School? Improving Dialogue about Teacher Job Satisfaction* was published in the fall of 2008. He is a national keynote speaker around these themes.

Eklund lives in Golden Valley, Minn., where he stays busy raising two sons. His hobbies include competing in triathlons and performing with the local band Kubla Khan, in which he plays piano and sings lead vocals.

20-Minute Trainer:

Inside the School's 20-Minute Trainers are designed to give practical classroom advice for busy teachers. They are priced to fit your budget and can be used to educate large groups or individuals.

All of our products have a satisfaction guaranteed policy. It's simple – if you are not satisfied with your CD or transcript, contact us and we'll refund your money. No questions asked.

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