



Executive Summary

Inside the School 20-Minute Trainer: *How Can I Prevent Emotional Exhaustion?*

Remember your first year of teaching? You'd stay up until 3 a.m. planning out a lesson or rush home to grade a stack of essays. You spent hours tweaking the curriculum to meet every learner's needs and you knocked yourself out trying to reach the at-risk kids.

Now your briefcase feels heavy when you lug it home. You use lesson plans from three years ago, maybe five years ago. You watch the game on t.v. instead of reading the new textbook. Those hard-to-reach kids are someone else's problem. You're so emotionally exhausted that it's all you can do to care about anyone but yourself and your family, let alone someone else's kids.

Teacher emotional exhaustion is when teachers feel that they can no longer give of themselves to students as they did earlier in their careers. **Inside the School's 20-Minute Trainer *How Can I Prevent Emotional Exhaustion?*** will help you reconnect with your passion that originally drew you to the profession. Presenter Nathan Eklund, M.Ed. uses his experiences as a high school teacher and coach to explain ways to overcome this sense of exhaustion by identifying areas that are "energy-giving" rather than "energy-taking."

Imagine coming to work every day feeling refreshed and eager to begin the day's lesson plan. Eklund's 20-minute presentation will help you concentrate on becoming personally and professionally satisfied. When we teachers are at our best, our students are, too. This awareness is at the core of professional improvement but is often overlooked. *How Can I Prevent Emotional Exhaustion?* puts this mindset at the center of discussion.

Emotional exhaustion can affect people in many different ways. A 2008 Quaglia Institute survey shows that nearly half of our students think teachers don't enjoy working with them. We give so much to our teaching jobs that our emotional exhaustion begins to show. We know it. The kids know it. Teachers are impacted differently by what is important to them and can become exhausted for many reasons. View *How Can I prevent Emotional Exhaustion?* to learn how to end your emotional exhaustion and teach like you enjoy working with students.

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

- Personal areas for growth in how we treat others
- Personal and professional areas of strength and energy to leverage further to mitigate areas of stress and sadness

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.

The CD contains a video and audio presentation with PowerPoint and can be viewed on any standard computer equipped with Windows Media Player. Our CDs are not compatible with Macintosh computer systems. Presenter's handouts are included as a PDF on the CDs.

Cost:

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