

# SATEFL

The Scottish Association for the  
Teaching of English as a Foreign Language



Talk by

## Rachael Roberts

Sunday 21<sup>st</sup> March 2021, 10.00 – 12:00 (event will take place online via Zoom)

# Avoiding (crash and) burnout

**10:00** Registration and networking

**10:30** Talk by Rachael Roberts

**12:00** Close

### Avoiding (crash and) burnout

Teaching has always been a demanding profession, but, increasingly, teachers are under so much pressure that they are at risk of burning out and crashing out of teaching altogether. Having burned out myself not once, but twice in my career as an ELT teacher, manager, trainer and writer, the second time finally prompted me to start approaching life differently. This process led me to train as a counsellor and, more recently, set up a coaching business to help others make similar changes.

In this session I will help you recognize the sometimes subtle signs of impending burnout – in yourself and in others – and go through a series of ways to deal with stress effectively in order to avoid burnout. We will look at both practical actions you can take, and at how to shift your mindset and eventually perhaps even the culture of your workplace.

### Biography

*Since 1989 Rachael Roberts has worked in Portugal, Brazil, Poland and the UK as an ELT/ESOL teacher, teacher trainer, manager and materials writer. She is also a qualified life, career and business coach for ELT professionals.*

*More information at [www.Life-Resourceful.com](http://www.Life-Resourceful.com).*

**Members: free; non-members: £10, payable in advance via Paypal**

Please book in advance with SATEFL Secretary: [sateflsecretary@gmail.com](mailto:sateflsecretary@gmail.com)

### Membership

**Individual £35 – Student, unwaged £15**

**Institutional £70 (2 people), £150 (5 people)**

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