



AMBER HARPER

Go from Burned Out Teacher to Burned In Teacher

Website: www.burnedinteacher.com

Podcast: [Burned-In Teacher Podcast](#)

Twitter: [@burnedinteacher](#)

Facebook: [Burned-In Teacher Facebook Community](#)

A little bit about Amber

- ❑ Creator and CEO of Burned-In Teacher specializing in technology integration in the classroom and supporting burned-out teachers.
- ❑ Former teacher turned teacher coach.

Why do we feel shame for feeling burnout?

- We build and ride our own rollercoasters.
- We often confuse seeking support from others with venting. If we are not taking in feedback and creating actionable steps during or after those conversations then they aren't productive.
- We need to have honest conversations with ourselves about the reasons behind our burnout.
- Sometimes we feel that we are the cause of our own burnout.

What are the different types of burnout?

- [Teacher Burnout Quiz](#)
 - Amber created a six-question quiz to help you identify your teacher burnout type. It only takes two-four minutes. When you get your results, download your FREE Teacher Burnout Cheat Sheet and beat that burnout!
- Burned and over it
 - Those surrounded by apathy and negativity so much that you have begun to become negative and apathetic yourself.
- Burned and unbalanced

- Most teachers end up here.
- Those that feel that there is so much to do and there isn't enough time to do it.
- Burned and bored
 - Those that have good relationships, a healthy balance of work but just feel that something is "off" and you are ready for a challenge.

"Stop being a victim of circumstance and start being a taker of chance."

How do we move from being burned out to being burned-in?

- Begin with taking the quiz, identify your type of burnout and be ok with the fact that you are burnt out.
- Set yourself on a path towards growth.
 - Build your spark by realizing that you can have a profound effect on your own future.
 - Be ok with being "good enough". What is the smallest amount possible to get the result you want?
 - Build your ignition by identifying what else you can change and find solutions.
 - Think about what you love and your core values.
 - Build your flame by taking action to make changes.
 - Make sure the 5 people you spend the most time with are helping you seek solutions and build you up.
 - Build your fire through intentional practice. Be engaged in your daily life seeking out sources of inspiration.
 - Make a plan for the future and be ready for situations that may cause you to feel burned out.
 - Become a burned-in teacher by striving for harmony between your work and personal life.
 - Seek support from your friends and family.
 - Have a daily reassurance practice.
 - Think about your passions and your strengths.
- What is your best imperfect step?
- There is no one way to live this life. You don't want to spend your life climbing a ladder only to realize that it's up against the wrong wall.

How can you find a way to be content in your teaching life?

- Sometimes if you can't find the joy you have to make it so.
- We need to stop being our own worst critics and give ourselves some grace.
- Identify your teacher brand. What do others say about you when you aren't around?

Resources:

- [Teacher Burnout Quiz](#)
- [Buy the Burned-In Teacher ebook](#)

Related posts on the Ditch That Textbook blog:

- [5 ways you can Ditch That Burnout](#) by Amber Harper