

WORKSHOP AGENDA

Date:

Location:

Preventing Burnout in Early Childhood Education

- A Roadmap to Preventing Burnout

Objectives

- Reconnect with personal motivations and purpose in Early Childhood Education.
- Develop mindfulness and self-care practices to reduce stress and prevent burnout.
- Learn strategies to manage emotional demands and foster resilience.

Materials

- Handouts: Teacher Words, Emotionally Expensive Worksheet, Creating Mindfulness, The Rose, the Rosebud, and the Thorn, Self-Care Practices
- Flowers, glass jars/vases, scissors
- Optional: Play relaxing background music and have a diffuser going with lavender in it.

Outcome

- Participants will gain tools to reconnect with their purpose, manage emotional demands, and practice mindfulness and self-care. They will leave with a personal self-care plan and strategies to prevent burnout and build resilience in their roles.

Welcome and Overview (15 minutes)

- Introductions and workshop objectives.
- Icebreaker activity to set the tone.
 - What's your stress level today?

Remember Your Why: Teacher Words (20 minutes)

- Reflect on personal motivations for working in Early Childhood Education.
- Activity: Sharing impactful words or moments from teaching experiences.

Emotionally Expensive (30 minutes)

- Discussion on the emotional demands of the profession.
- Activity: Fill out the Emotionally Expensive worksheet

Mindful Listening (20 minutes)

- Practice active listening techniques to foster better communication and reduce misunderstandings.

Creating Mindfulness (20 minutes)

- Introduction to simple mindfulness practices for stress reduction.
- Activity: Guided mindfulness exercise.

The Rose, the Rosebud, and the Thorn (20 minutes)

- Group activity: Reflecting on successes (roses), growth opportunities (rosebuds), and challenges (thorns).

Flower Bouquet Activity (30 minutes)

- Hands-on activity: Have everyone create a flower bouquet as a symbol of gratitude and self-care.
- Share and reflect on the process.

Self-Care Practices (20 minutes)

- Discussion of practical self-care strategies tailored to Early Childhood Education.
- Participants create a personal self-care plan.

Wrap-Up and Next Steps (15 minutes)

- Summary of key takeaways.
- Participants set one commitment for preventing burnout.
- Feedback and closing remarks.

Notes