



## **Burnout Prevention Support for Schools – At a Glance**

### **What this is**

Preventive wellbeing support designed to help schools address sustained staff stress before it escalates into absence, disengagement, or attrition.

### **Who it's for**

Schools and education settings seeking practical, trauma-informed support that strengthens staff capacity, retention, and sustainability.

### **How it works**

- Evidence-informed workshops
- Practical tools educators can apply immediately
- Support that respects safeguarding, professional boundaries, and organisational realities

### **What it supports**

- Burnout prevention and early intervention
- Organisational wellbeing and staff retention
- Clearer boundaries, steadier decision-making, and sustainable working practices

### **Why it's different**

This work moves beyond short-term wellbeing initiatives that place responsibility back on individuals. The focus is on creating conditions where people can function well – consistently and safely – within the systems they work in.

### **Delivered by**

Marsha Kerr Talley – Preventive Health & Wellbeing Consultant with over 20 years' experience in education and lived experience of burnout and recovery.

### **Contact**

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