

ECIE4010

## Contemporary Challenges Making a Difference Script.

### Slide 1

Good afternoon, my name is Carina and I am here today, along with my fellow students Marie and Pheobe to talk to you about teacher burnout and how to address the problems and find ways to deal with them.

### Slide 2

According to National Education Union (2024) a survey of over 8,000 National Education Union Members stated that their workload was unmanageable and 37% described their workload as only just manageable. Leaving only 1% of respondents reporting they could manage their workload all the time.

### Slide 3

Teacher burnout is becoming an increasingly serious issue across the profession, although teaching can be rewarding according to Education Support (2023) there is also the risk of significant physical and emotional strain on teaching staff. Managing pupil behaviour in a large or diverse classroom can be challenging. The peer conflicts, misbehaviour or a lack of respect can gradually wear down staff's confidence and patience.

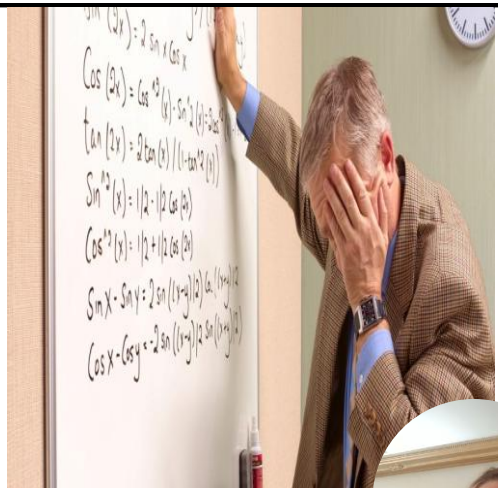
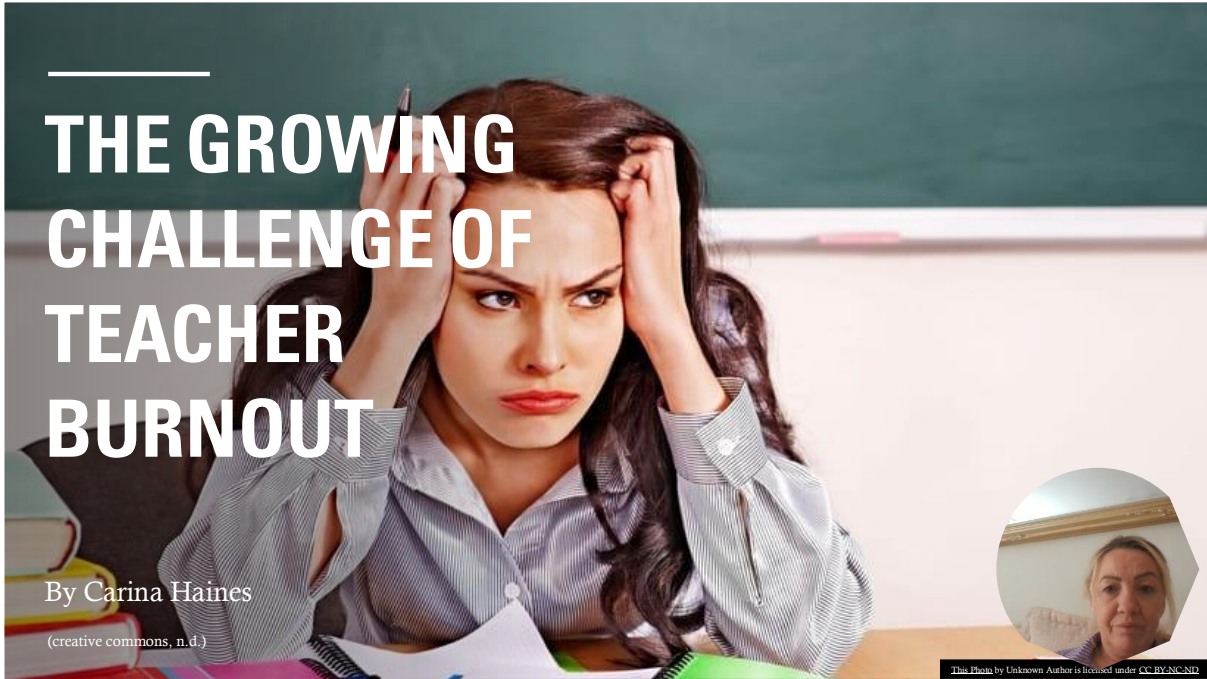
### Slide 4

According to Mental Health UK (2023), there is a health crisis within the educational sector. Many teaching staff are experiencing high levels of stress, which can contribute to anxiety and depression. A large number feel unsupported by their employers and report pressures to attend work even when unwell. Ultimately worsening their overall wellbeing.

Education Support (2023) *Teacher Burnout and How to Avoid It*. Available at: <https://www.educationsupport.org.uk/resources/for-individuals/articles/teacher-burnout-and-how-to-avoid-it/> (Accessed: 26 Mar. 2026).

Mental Health UK (2023) *Teacher Wellbeing - Addressing the Mental Health Crisis*. Available at: <https://mentalhealth-uk.org/blog/teacher-wellbeing-addressing-the-mental-health-crisis/> (Accessed: 26 March. 2026).

National Education Union (2024) *State of education: workload and* Available at: <https://neu.org.uk/latest/press-releases/state-education-workload-and-wellbeing> (Accessed: 26 March. 2026).



(creative commons, n.d.)

---

# STAFFWELLBEING 'CRISIS' FORCING TEACHERS OUT OF SCHOOLS

(Clarke, 2025)

(ChatGPT, 2026)

0

---

Teacher burnout has widespread implications not just for educators but also for the school community (Jain *et al.*, 2025)

(creative commons, n.d.)



---

Reference List by Carina Haines

ChatGPT (2026) response to Carina Haines, 20 April.

Clare, H. (2025). Staff wellbeing 'crisis' forcing teachers out of schools, charity says. *BBC News*. [online] 18 Nov. Available at: <https://www.bbc.co.uk/news/articles/ce3x643pzveo> [Accessed 15 Apr. 2026].

[Deed - Attribution-NonCommercial 3.0 Unported - Creative Commons](#)

Jain, I.(2025) Journal

---