



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

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