

Wednesday
May 21
5-6pm
AEST



Breaking up with Burnout: Igniting a Sustainable Relationship with Work



Sue Webb

Educator, Author, Speaker
and Founder of Sue Webb PD

Teachers play a pivotal role in shaping the foundations of wellbeing within a school. Their **own sense of wellbeing directly impacts their capacity** to build positive relationships, manage stress effectively, respond to the diverse needs of students, and model healthy, adaptive behaviours - all of which are essential for cultivating a **positive, thriving** and **high-functioning** school community.

Teaching is a profession built on passion, purpose, and people. Teachers often experience a love-hate relationship with their work: driven by purpose, but stretched by constant demands. How can we rewrite the narrative so that teachers have agency to shape a **healthy, sustainable relationship** with their work - and importantly, centre the **joy of teaching**?

This session provides **targeted, research-informed** work **strategies** for educators designed to help you make **empowered choices** about how you show up to your work and your life. In this webinar, we'll:

- **explore** the **evolution** of teacher wellbeing—and why it's often **overlooked** in education
- identify **key risk factors** that lead to chronic stress and burnout
- discover **protective factors** that support emotional and cognitive resilience
- learn **strategies** to stay **grounded, connected**, and **well** in your work
- gain a practical **self-audit tool**: the mental health continuum and use the continuum to **understand, track**, and **optimise** your wellbeing at work.

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THE PRESENTER



Sue Webb (B.Ed., M.EDLE)

Educator, Author, Speaker and Founder of Sue Webb PD

Sue Webb is an educator, speaker, author, and advocate for teacher wellbeing, with over 30 years of experience in the teaching profession. Throughout her career, she has worked as a teacher and school leader, witnessing first-hand the competing demands facing educators.

In 2022 Sue published *Teachers Cry Too*, in which she shares her personal experience with burnout and recovery. The book sheds light on the complexities of the modern classroom and emphasises the importance of future-proofing education through sustainable work practices. Following its success, Sue founded **Sue Webb PD** in 2024, a service dedicated to supporting teachers and school leaders to work sustainably and reclaim the joy of teaching.

Beyond writing, Sue teaches (her first love), facilitates staff development, enjoys speaking engagements, and engages widely with the education profession sharing emerging research related to teacher wellbeing. She conducts guest lectures with tertiary institutions and has developed programs for early career teachers and middle leaders which prioritise mental health and working sustainably in high stress environments.

Sue is driven by the belief that schools should be places of optimism and energy - where students and educators thrive together.

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