

HiMama Helps Webinar Breaking Burnout in 2021!



Disclaimer

*This content **is not** personalized legal advice for your center. The goal is to have a conversation around the topic to inspire and give you ideas that you can implement at your centers.*

*Each State and Province has different licensing rules and regulations. **Please consult with your own legal and financial advisors before implementing something that you are not 100% sure about at your center.***

What To Expect

- The session is recorded
- Certificates and slides be made available at the end of the webinar
- Show notes will be sent out tomorrow with everything included!
- If you find that your connection isn't great
 - Refresh or reconnect to the session
 - We are working to change platforms



Your Hosts



Ria Simon
RECE Specialist
HiMama



Kiah Price
Social Media & Content
RECE Specialist
HiMama



Our Special Guest



Beth Cannon

Child Care Team Building Expert

Beth  CANNON
speaks

- International speaker, educator and entrepreneur
- Passionate about empowering early education leaders and building up teams
- Educate and equip educators with tools to build better connections & relationships
- Beth is a 3 wing 2 based on the Enneagram!

BREAKING BURNOUT

Do you need to be

RECHARGED?



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You will never

CHANGE YOUR LIFE

unless you change something

YOU DO DAILY.

The secret to success is found in

~JOHN

YOUR DAILY ROUTINE.

MAXWELL



GOALS for today's workshop



Define Burnout



Identify the Signs



Free Your Mind



Break Your Burnout

STRESS

- Over-Engagement
- Over-Reactive
- Sense of Urgency
- Loss of Energy
- Leads to Anxiety Disorders
- Primary Damage = Physical
- May Kill You Prematurely

BURNOUT

- Dis-Engagement
- Emotionally Blunted
- Helpless + Hopeless
- Loss of Motivation
- Leads to Detachment + Depression
- Primary Damage = Emotional
- May Kill You Prematurely
- Makes life seem not worth living

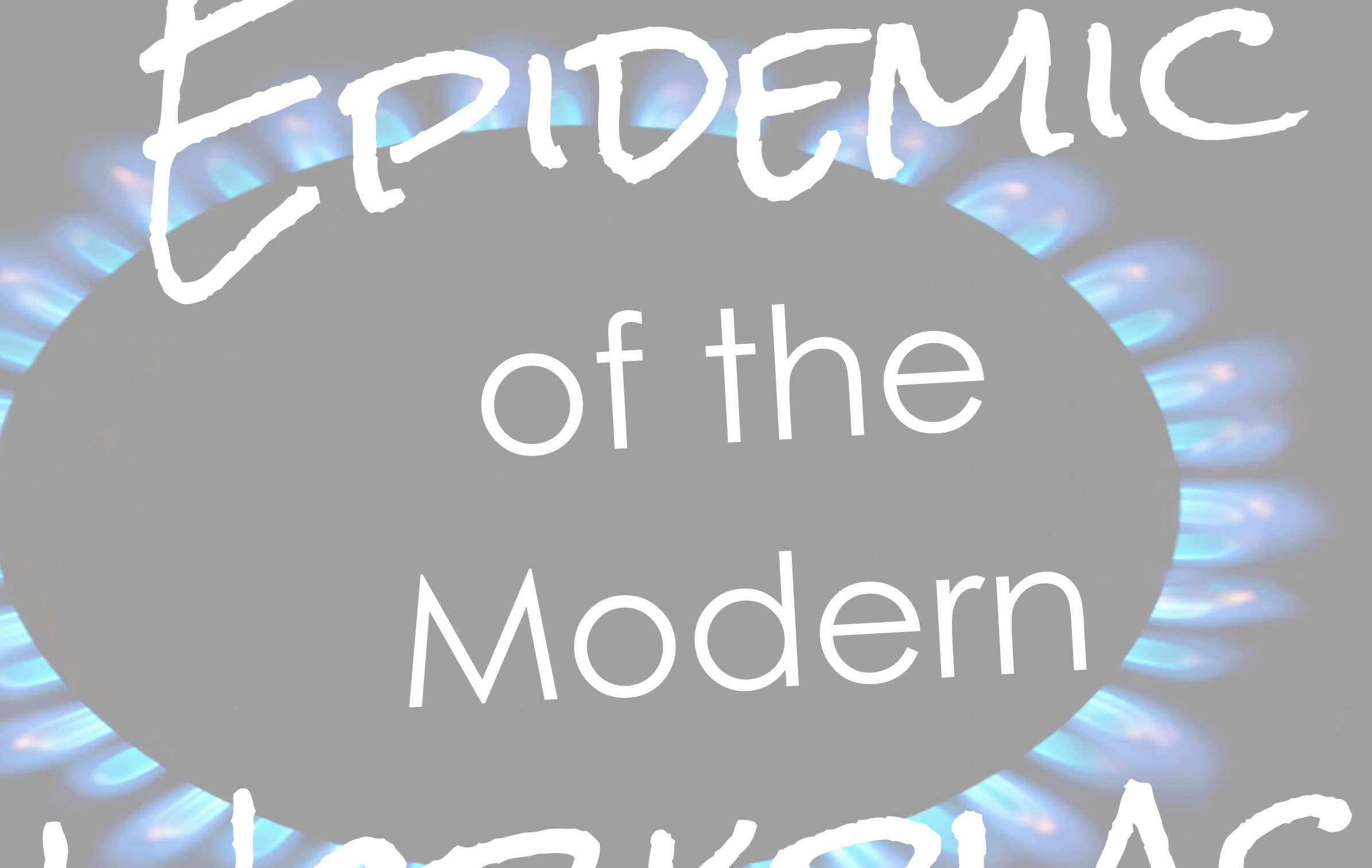
DEFINE
BUTZOUT

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BURN OUT

the mental and physical exhaustion you
experience when the demands of your work
consistently exceed the amount of
energy you have available



EPIDEMIC of the Modern WORKPLACE

OCCUPATIONAL PHENOMENON

..That's what the World Health Organization recently made the decision to call Burnout.

As a result, it is now classified as
“a syndrome conceptualized from chronic workplace stress that has not been successfully managed”.

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SIGNS OF BURNOUT



Detached + Depressed



Hopeless + Helpless

Demotivated + Disengaged

JOBs WITH BURNDOUT RATE



1st Responders



Care Givers + Teachers



Medical Pros



6 out of 10

PRESCHOOL AGED CHILDREN HAVE A
"SERIOUS BEHAVIOR ISSUE."

Rutgers University

BethCannonSpeaks.com

CAN YOU
RELATE?



How do you measure Burnout?



Exhaustion



Depersonalization



**Lack of
Accomplishment**

SO ARE YOU
EXPERIENCING
BURNOUT?

Let's find out!

<https://bethcannonspeaks.com/burnoutquiz/>



FREE

Your

MIND



A.C.T.



ACCEPTANCE + COMMITMENT THERAPY

ACCEPT

what is
happening in front of us.

COMMIT

to making life-giving choices.



ACTIVELY ADDRESS THE ISSUES.

**Make an appointment
with...**

- Yourself
- Your Pastor
- Your Supervisor
- Your Teachers
- Your Assistant



CLARIFY JOB DUTIES

- Reevaluate
- Reassign



CHOOSE NOT TO DWELL
ON FEELINGS OF DOOM.

Replace what you
DON'T know about
the future with what
you **DO** know
about God.



YOUR VALUE
does not vary
based on
SOMEONE ELSE'S
INABILITY
to see your
worth.

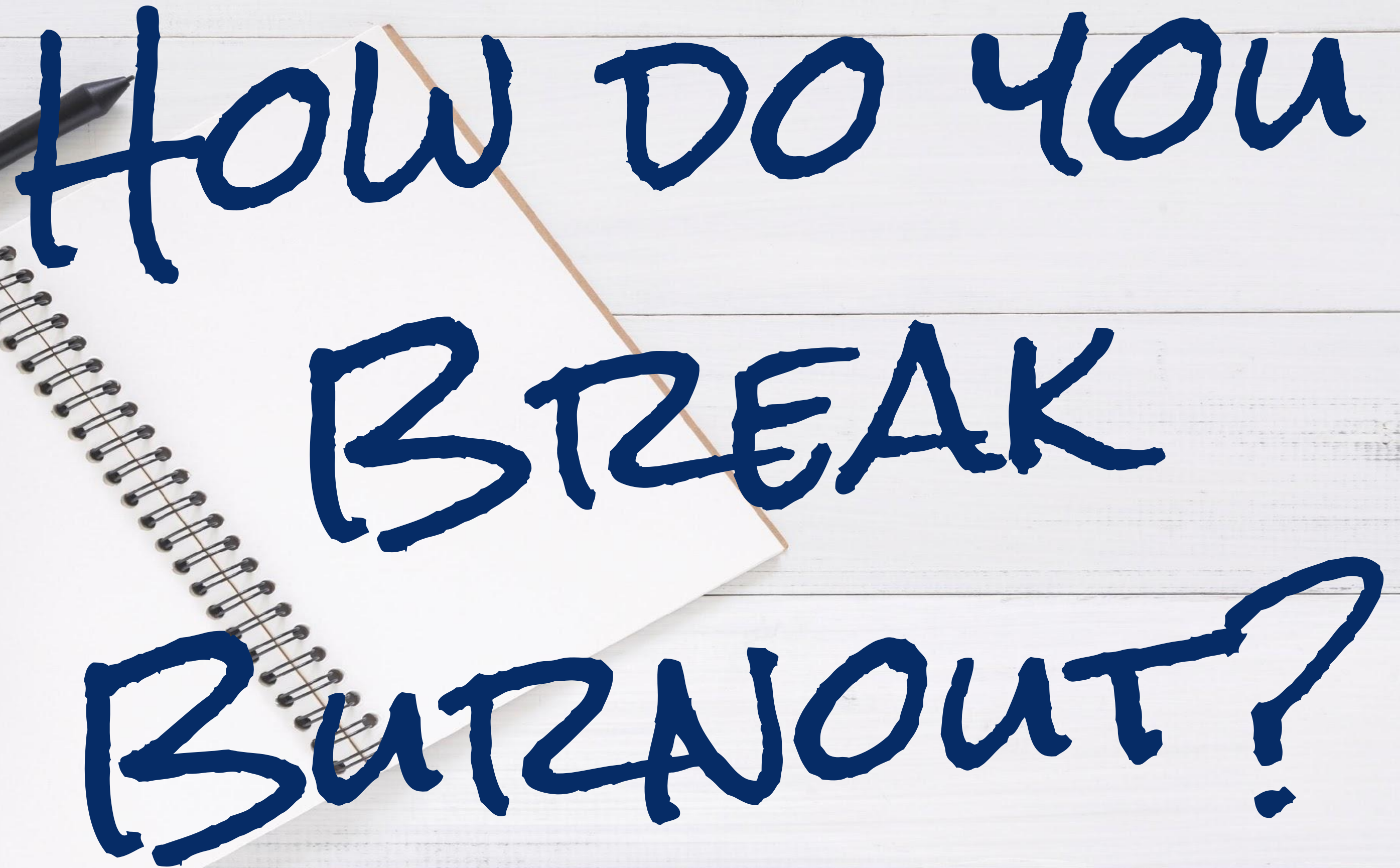


THE TRUTH OF TRANSFORMATION

There is NO hack to
change.

Just use your God given
strength.





How Do You
BREAK
OUT?

KNOW WHERE YOUR ENERGY COMES FROM?

Introverts

get their energy from being alone.

Extroverts

get their energy from being around others.





ADOPT HEALTHY HABITS

Choose things that restore and renew
your body + soul

Move your body daily

Drink $\frac{1}{2}$ of your body weight (in ounces)
in water

Eat REAL food



CHOOSE
GRATITUDE
OVER GRIND



SET BOUNDARIES



At home

**In
relationships**

At work



MAKE TIME FOR MARGIN

- ✓ Decide on Downtime
- ✓ Disconnect
- ✓ Dream

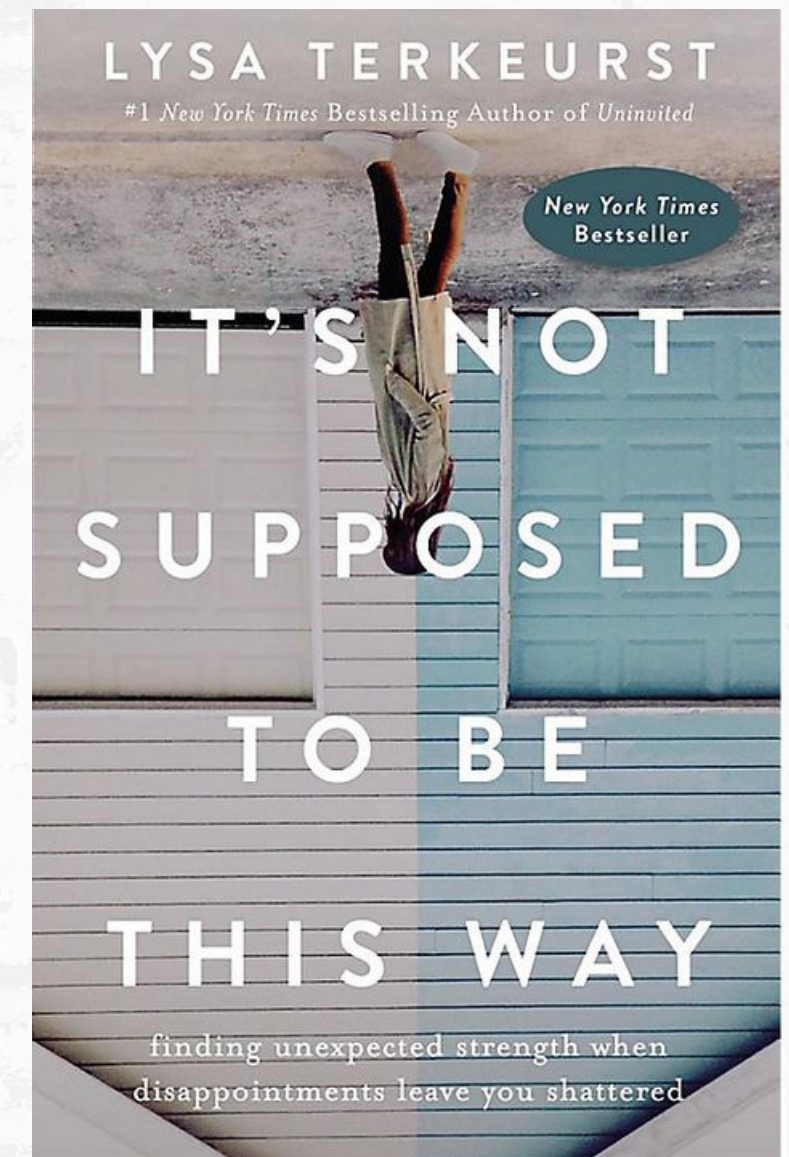
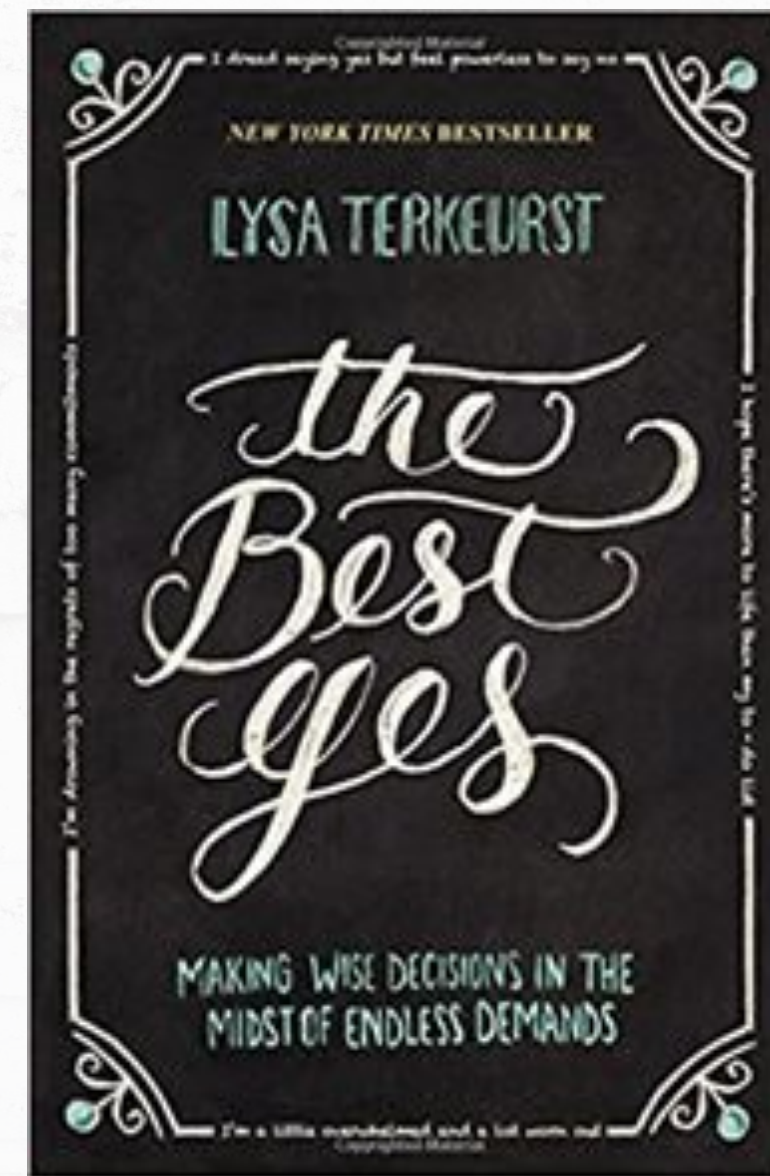
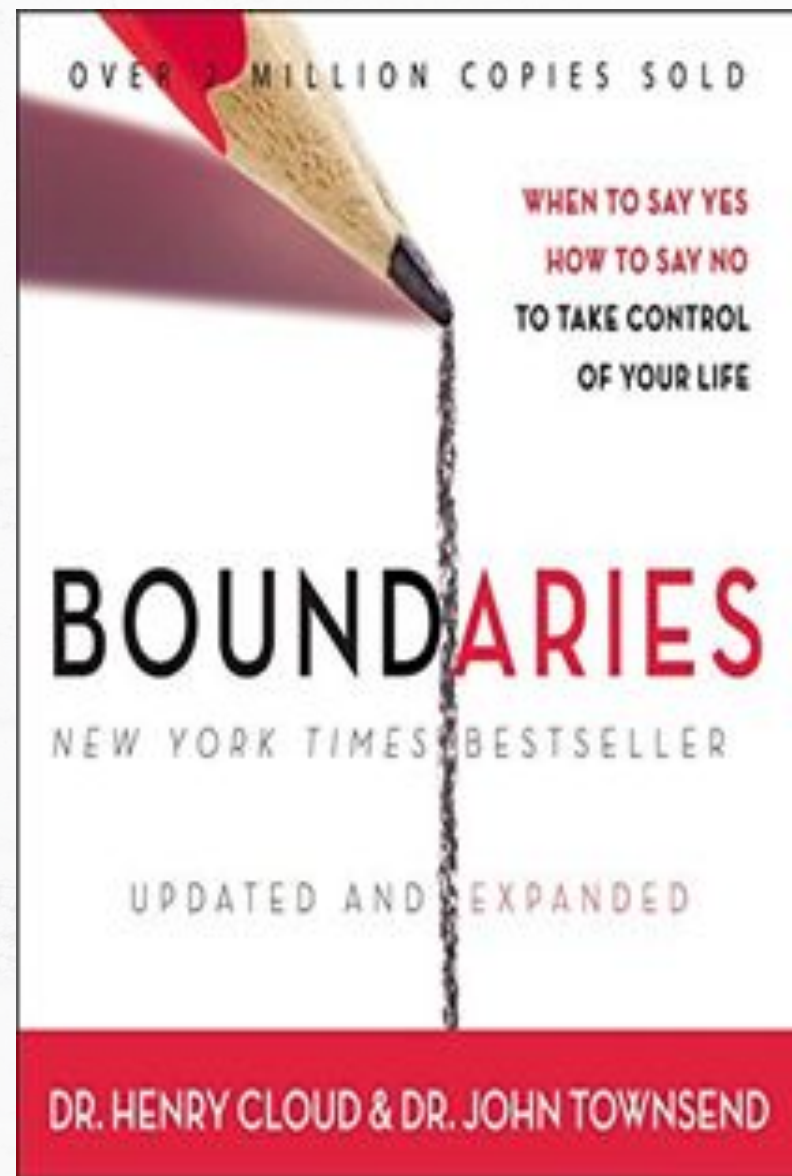



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BE
DISCIPLINED
EVERY DAY

FAVORITE RESOURCES



A modern living room with a leather sofa, armchairs, and a large window. The room is decorated with various pillows and a coffee table. The text "Are you BURNED out?" is overlaid in a large, white, handwritten font.

Are you BURNED out?

<https://bethcannonspeaks.com/burnoutquiz/>

Take Our 3 Hour Course for Credit!

Breaking Burn-Out

Group Registration available for teams!

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Want more *Inspiring* Messages
that create *Lasting Change?*



» Take a Course

Online course for credit for early ed
+ download certificate immediately!

» Book Beth to Train

Online or In-Person, Beth will motivate
and inspire your team!

» Director FB Group

The sweetest community of early ed
directors hang out in our group!

» Leader's Lounge Summit

You will LOVE our FREE Summit for
early ed leaders!

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[bethcannonspeaks.com](https://www.bethcannonspeaks.com)

[bethcannonspeaks.com](https://www.bethcannonspeaks.com)

<https://www.facebook.com/groups/communityfaithbasedandnpos>

[leaderslounge.solutions](https://www.leaderslounge.solutions)

Open Audience Questions

Certificate Instructions

1. **Please check your Inbox for an email from WebinarJam titled “Your Webinar Certificate”**
2. That email will include a link to the certificate for today’s session that you can download.
3. **You will need to fill in your name and center name information.** You can do this using a PDF form filler or print a copy and fill it out manually.
4. That’s it, you’re done!
5. If you miss it today, watch out for the Show Notes email tomorrow - we will be sending it out there as well.

What's Next?

- **Show Notes & Recording** - You will receive an email linking to resources and this recording tomorrow!
- Our next session will be ***How to Support Children's Emotional Development*** happening next week at the same place and same time - **January 14th**



2020 ECE OF THE YEAR

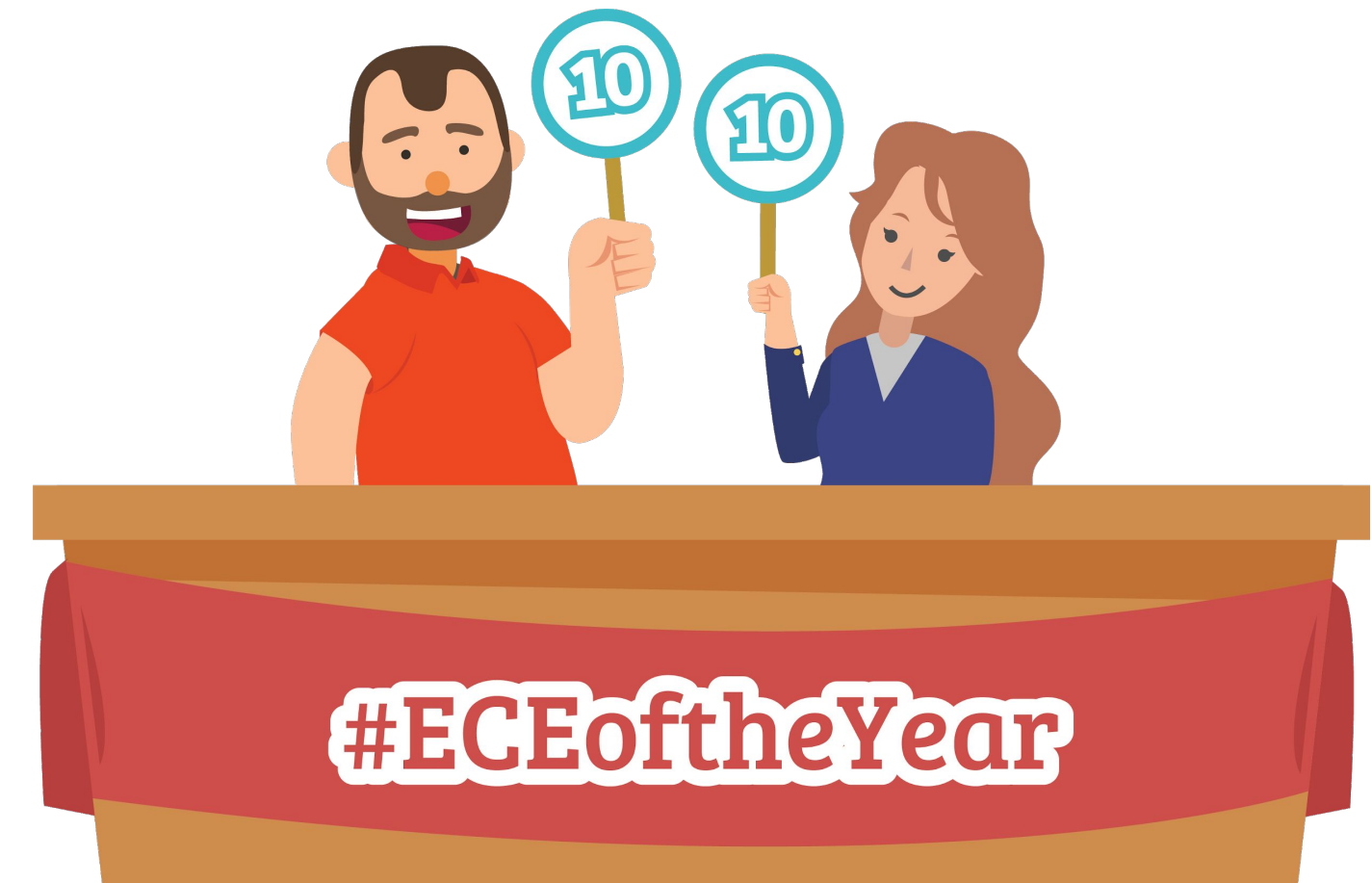
AWARD



2021 ECE of the Year-What Is It?

Early childhood educators are **critical** to a child's development from birth to age 5, yet they are sadly **one of the most underappreciated professions**. We want to change that!

Each year, we award one ECE **making the biggest impact in their community** with the title of ECE of the Year, a title that earns them international recognition as well prizes!



2021 ECE of the Year- The Finalists



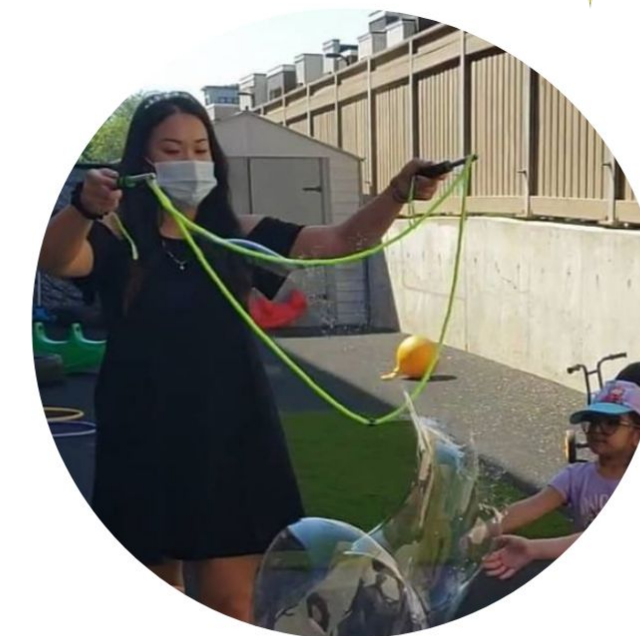
Jane Ann Benson



Starletta Rett-Henry



Ms. Kyo



Ms. Erica



BriTanya Bays



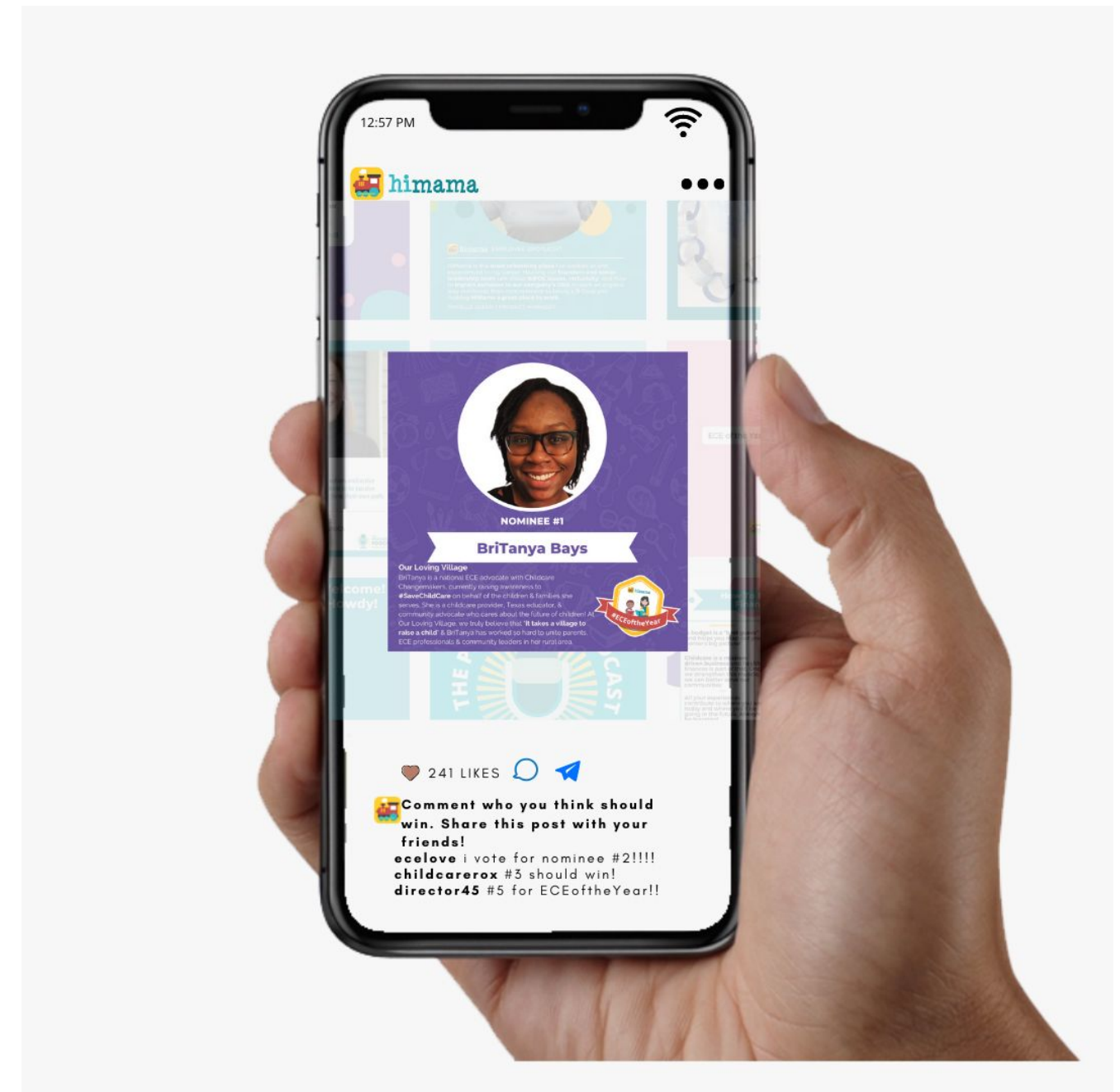
2021 ECE of the Year - How Do I Vote?

✨ Head to our **Instagram and Facebook**, find our post and comment which finalist you think should win!

✨ **Comment, like and share** your favorite finalist to your own Instagram and Facebook page (tag us so we can see!)

✨ **Winner announced TOMORROW!**

✨ **Follow @himamaapp** to stay up to date with the finalists!



**We are all in this
together,
stay Healthy and safe!**

**Thanks for spending
your time with us!**