

## **LIGHTING THE CANDLE: FIGHTING THE BURN-OUT TEACHER SYNDROME**

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LBPP LIA Sub-Directorate of Teacher Education and Training is responsible for the institution's various pre-service and in-service training programs for teachers and all academic staff, the backbone of any educational institution. It organizes and conducts training activities involving LIA experts as well as those from other institutions in the country and abroad. It adopts the "make" strategy for its human resources training and development efforts.

Novice as well as experienced teachers may experience a potential danger of the phenomenon known as teacher burn-out. The failure to recognize and find solutions to maintain a sense of excitement and engagement with the business of teaching can lead to self-destruction, demotivation, on the part of the teacher and low performance employees for institutions. The presentation looks into ways to identify symptoms of burn-out and offers solutions recommended by experts and carried out by institutions. Moreover, the presentation explores the roots of the problem which may lead to personal disappointment, frustration, and organization inefficiency. Teachers, teacher trainers, and school administrators will gain insights on how to energize oneself and others in going about their profession as educators and ultimately obtain contentment knowing that their seemingly insignificant work really can make a difference.