Burnout was here long before COVID-19, and it will be here long after COVID-19 is gone.
How does burnout affect us personally?
Burnout: District Costs

- Overwork is a key factor in a principal’s decision to leave a district.
- It takes, on average, $75,000 to recruit, hire, and onboard a school principal - not including salary.
- Principals are the second most important school-level factor associated with student achievement.
- High principal turnover negatively affects student outcomes.
One approach:
Set limits.
One practice: Schedule everything.

- To-do list
- Email
- Chaos time
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