



From **Burnout**
to **Balance**

November 2025

From Burnout to Balance: Sustaining teacher wellbeing



As From Burnout to Balance reaches its final month we reflect on a year of collaboration focused on one goal: supporting educators' wellbeing.

From the Training Needs Assessment to the Train the Trainers programmes and the local Coaching & Mentoring groups, the project has created spaces for learning, connection and emotional awareness across Europe.



A year of learning and shared growth

Throughout 2025, more than 30 educators took part in international and local activities. They explored stress management, emotional regulation, mindfulness, conflict navigation and peer-support strategies.

Participants reported feeling more confident, more aware of their emotional patterns, and more connected to colleagues.

What we learned from the Coaching & Mentoring groups

The six-month peer-support cycle confirmed something essential: educators thrive when they have space to talk, share and be heard.

Across the three countries, teachers described improvements in: communication with colleagues, managing overwhelming moments, setting healthier boundaries, and asking for help without stigma. The groups showed that wellbeing is not created by isolated actions — it grows through consistent, relational practices.



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Final event – Teacher Wellbeing Lab

To close the project, partners hosted the final webinar: Teacher Wellbeing Lab: Co-Creating Future Erasmus+ Projects

 26 November 2025

 3 PM (CET)

Educators, project partners and organisations from across Europe joined to exchange experiences, explore practical wellbeing tools and reflect on how to integrate emotional sustainability into future Erasmus+ initiatives.

The session became a collaborative lab where participants shared ideas, needs and aspirations — a fitting conclusion to a project built on connection and care.



WEBINAR

**Teacher Wellbeing Lab:
Co-Creating Future
Erasmus+ Projects**

ONLINE EVENT

 **26 November 2025**
3 PM (CET)

1 - Training materials

- ✓ Understanding burnout: identifying symptoms and risk factors
- ✓ Intervention and prevention strategies
- ✓ Stress management
- ✓ Teaching skills to educate others about burnout prevention and management

[Download the materials here](#)



2 - Webinar - Empowering Teachers

In this webinar we explored:

- ✓ Strategies for Teachers to Reflect on Their Role in Student Well-being
- ✓ Self-Assessment for Teacher Well-being and Professional Growth
- ✓ Social and Emotional Learning (SEL) Tools for the Classroom



Resources that remain available

All guides, exercises and training materials created during the project are freely available for any educator or organisation wishing to continue this work.

These tools were designed to be practical, adaptable and easy to integrate into daily school life.

Access all materials here:

mundusgroup.com/international-projects/burnout

Although the project formally ends, the practices it introduced — mindfulness, emotional awareness, peer support and healthier boundaries — continue to shape how educators care for themselves and one another.

The legacy of From Burnout to Balance is simple:

Teachers who feel supported create learning environments where everyone can thrive.