



TITLE:

**LEADING AND TEACHING ON EMPTY:
UNDERSTANDING BURNOUT IN ELT**

SPEAKER: DANIEL XERRI

PRESENTATION TYPE: ONLINE WEBINAR

Abstract

Burnout is an increasingly urgent issue in English Language Teaching, affecting not only teachers but also the school leaders who support and manage them. Drawing on recent research, this plenary explores the shared and contrasting experiences of burnout among teachers, Directors of Studies, and Academic Managers. It examines the causes of emotional and physical exhaustion in demanding educational environments, the impact on wellbeing, performance, and staff retention, and the ripple effects across school communities. The session also highlights evidence-based strategies for preventing and mitigating burnout, including systemic, organisational, and individual approaches. By foregrounding the voices of both educators and leaders, this talk aims to spark reflection on how ELT institutions can cultivate healthier, more sustainable workplaces where everyone – teachers and leaders alike – can thrive.

Biography

Daniel Xerri is an Associate Professor in Applied Linguistics and TESOL at the University of Malta, and the Chairperson of the ELT Council. He has published widely on different areas of English language education. He has delivered plenary talks and keynotes in 20 countries and his research has been awarded international prizes. His main research interests are teacher research, school leadership, and professional learning. His most recent book is *Innovative Practices in Early English Language Education* (Palgrave Macmillan, 2023).

www.danielxerri.com