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This book is a compassionate and practical resource that speaks directly to the heart of educators. With clarity, empathy, and wisdom, the author offers meaningful strategies and tools to help teachers care for themselves while continuing to care for others.



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Transformational Tools for Special Educators

How to Beat Burnout and Become the Best at What You Do

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Burnout has become the silent epidemic threatening the very heart of special education. People enter the field with a passion to make a difference, only to find themselves overwhelmed by endless paperwork, high-stakes meetings, behavioral crises, and the unrelenting pace of the work. While professional development addresses topics like specialized instruction, behavior management, and IEP development, a critical gap remains: training that helps special educators sustain themselves and thrive in their roles.

Transformational Tools for Special Educators offers a way forward. Grounded in neurology and emotional intelligence research, this resource equips educators with practical, time-efficient strategies that fit into the realities of the school day. Inside, you'll find:

- What is formative feedback? How does it influence student learning? Research-backed tools across the five domains of emotional intelligence
- Insights into how consistent use of the tools rewires the brain for better balance, resilience, and clarity
- Real-world scenarios reflecting the diverse roles of special education professionals
- Strategies designed for use individually, in professional learning communities, or across districts

Whether you are new to the field or a veteran, a teacher or a paraprofessional, an administrator or a related service provider, this book helps you reclaim your energy, restore your balance, and sustain the passion that first drew you to special education.