

Leaving teaching: reflecting on the why

Let's dive deeper into why you want to leave, and what your life could look like if you go ahead with it.

What makes teaching hard for me right now?

Think about...

The short term (what happened this week), but also what happened in the past few months to a year (medium/long term). It's all valid. Just because it happened a while ago doesn't change how you felt when it happened.

What would my life look like without these things?

Think about...

What sort of things do you feel you can't do now because of how demanding your teaching job is? Hobbies, interests, seeing friends and family, spending time with your children. It can be as complex or as simple as you need it to be. This is your future we're planning for, after all.

Share what you've written with a trusted person in your life. How would you respond to them coming to you with the same thing?