

BURNOUT RECOVERY COACH |
TRANSFORMATIONAL SPEAKER | EDUCATOR



www.patricebucknerjackson.com

*Dr. Patrice Buckner
Jackson*

GIVING EDUCATORS THE
SKILLS TO BEAT BURNOUT
SO THEY CAN LOVE THEIR
CAREERS AGAIN

Meet Dr. PBJ

EXPERIENCED LEADER, POWERFUL COMMUNICATOR



As a leader at your school, you are no stranger to the challenges of leading in education today. You honor expectations, obey mandates, manage crisis, mediate concerns, investigate allegations, engage communities, navigate chaos - and that is just Monday morning. Sometimes you wonder if this is truly the job you signed up for.

Even though it seems no one sees it – I do.

Because I've been there.

You see the consequences of the workload in your team and in yourself. At this point, you have no idea how to stop putting your foot on the gas pedal without completely spiraling out of control.

What you need isn't more work. You need a mirror – so you can see how to maximize strengths, change internal dialogue and minimize burnout. That's where I come in.

I'm Dr. Patrice Buckner Jackson, known as Dr. PBJ, and educators like you rely on me to disrupt destructive cycles in their teams so they can finally stop burning out and start loving their work again.

PBJ'S EXPERIENCE

Patrice Buckner Jackson, Ed.D

SIGNATURE WORKSHOPS

DR. PBJ SPEAKS

Looking for a Dynamic Transformational Speaker?

Disrupting Burnout

Just three years ago, burnout caused me to walk away from a career I spent more than 20 years building with no idea what I would do next. Today I take every opportunity I can to share my remedy for burnout with others who find themselves left with nothing more to give.

Productivity and employee retention are at critically low levels because our team members do not know how to accomplish the work without sacrificing their own wellbeing. This message is for servant leaders who struggle through cycles of overwhelm, burnout, and compassion fatigue. I will share practical tools for beating burnout and re-engaging your team.

Leading with Civility

The “Leading with Civility” presentation is impactful through its simplicity, life-changing in its practicality, and timely for contemporary culture. This presentation will call each participant to accountability to the impact they bring to your organization. Each participant will be challenged to assess their words and personal perspectives in order to build a more caring and compassionate work culture. This message will encourage introspection and foster connections within your community.

Discover Your Brilliance

This presentation is perfect for your students and other professionals who are searching for their place of significance in your organization. Fulfillment and motivation are intrinsic qualities that flourish when a person lives in alignment with their purpose. In this session, I will ignite a new fire of dedication and engagement within your team and challenge participants to look deeper than their major, career choice, job description, and job title to identify their irreplaceable, unique, innate value.

Managing Team Capacity

In this session, Dr. Patrice Buckner Jackson (Dr. PBJ) will facilitate an interactive experience where teams collaborate to establish a foundation of connection and communication while practicing a new model for managing personal and department capacity. In this workshop, participants will learn and demonstrate a locus of control model that will identify priorities and focus work effort toward documented progress.

TEAMS & ORGANIZATIONS

DR. PBJ TRAINS

Looking to have Dr. PBJ lead your next workshop or training?

Leadership Training



Equipping leaders with soft skills for building engaged teams and retaining top talent.

Assessment and Planning



Proven and reliable assessments for measuring the rate of burnout within your team. Use the results to design effective ways to build engagement and a healthier work environment.

Executive Coaching



If you've reached the pinnacle of success but are feeling overwhelmed, overworked and uninspired, get personalized 1:1 coaching to pinpoint the root of the problem and get back on track.

Mid-Manager Training



They are passionate and full of ideas, but not yet aware of the roadblocks ahead. Invest in your aspiring leaders. Offer them the fundamental elements of effective leadership.

Who I've Worked With

the following are just a few clients of who PBJ has worked with.

KEYNOTE CLIENTS

Georgia Southern University

COLLEGE OF WOOSTER

Georgia Housing Officers

VIRGINIA COMMONWEALTH UNIVERSITY

SOUTHEASTERN ASSOCIATION OF HOUSING OFFICERS

OHIO STATE UNIVERSITY

Texas Academic Advising Network

Association of Schools and Colleges of Optometry

TRAINING CLIENTS

University of Kentucky

STANFORD UNIVERSITY

Idaho State University

UNIVERSITY OF NORTH CAROLINA- CHAPEL HILL

UNIVERSITY OF NORTH CAROLINA-GREENSBORO

NORTH CAROLINA A&T UNIVERSITY

Emory University Hospital

Augusta University



WHO I WORK WITH

- Colleges and Universities
- Professional Organizations
- Healthcare organizations
- Corporate organizations

AVAILABLE TO SERVE AS

- Conference Keynote
- Executive & Leadership Trainer
- Corporate Trainer
- Breakout Session Speaker
- Panelist



Speaker Reviews *for* “

Dr. Patrice Buckner Jackson

SPEAKER REVIEW



Your presentation was amazing!!! It is so true that we need to start with our invisible backpacks. If we don't get to the root of things, life will not get better and we will continue to feel burnout with every difficult situation that we experience.

Y. SANCHEZ

@drpatricebucknerjackson

SPEAKER REVIEW



It was a much needed workshop. I feel comforted knowing I am not alone and that it's ok to set healthy boundaries, and these boundaries make us more effective in life.

E. LABRADA

@drpatricebucknerjackson

SPEAKER REVIEW



This is a workshop worth having especially as the world is dealing with the challenges of a global pandemic.

H. AKOH

@drpatricebucknerjackson

SPEAKER REVIEW



Great presenter. She is really good at engaging the audience and suspending judgement. Exercises were motivating, uplifting, inspiring and provided some in-depth introspection.

D. WILLIAMS

@drpatricebucknerjackson

SPEAKER REVIEW



Her energy was amazing. I loved that she encouraged us to only tackle what is in our control. Then put a plan together with the resources we have.

C. PARRENT

@drpatricebucknerjackson

SPEAKER REVIEW



Be ready. Be energetic. There are 4 easy steps to be better at this life and have civility toward others. Our whole country needs to hear Dr. PBJ speak...

J. NESSETH

@drpatricebucknerjackson

SPEAKER REVIEW



Excellent presentation and life changing information.

S. BLEMUR

@drpatricebucknerjackson

SPEAKER REVIEW



You are amazing! Loved how genuine you were. I was able to relate so much.

D. GONZALEZ

@drpatricebucknerjackson

SPEAKER REVIEW



Dr. PBJ is "Food For Your Soul" and heaven sent. There were aha moments and teachable moments that I can use to help me become a better being.

C. CHESTER

@drpatricebucknerjackson

The Podcast

Disrupting Burnout with Dr. Patrice Buckner Jackson is dedicated to overworked, undervalued high-achieving servant leaders who give all to serve others and leave very little for yourself. You are an accomplished woman with many responsibilities and you often find yourself overwhelmed, exhausted, and burned out. I've been there. As a matter of fact, burnout almost cost me everything. Compassionate work can carry a high price tag: your mind, body, spirit and relationships may be in distress as you serve the needs of others. I am here to equip your hands and refresh your heart so you can serve in purpose and fulfillment and permanently break cycles of burnout.

STATISTICS

10,000+

Downloads

75+

Episodes

34% / 51%

organic search / direct visits

1000+

email list subscribers



POPULAR EPISODES

Fighting Imposter Syndrome

Episode 6

The Impact of Compassion Fatigue

Episode 48

Millennial Quarter Life Crisis

Episode 3

Strategies for Burnout Recovery

Episode 77

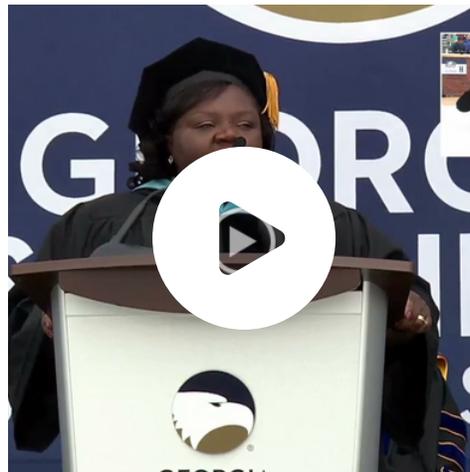
Watch Videos

Check out Dr.PBJ in Action

Disrupting Burnout



Commencement Speech



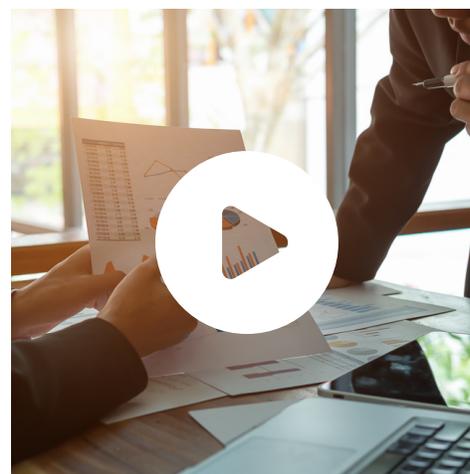
Leading with Civility



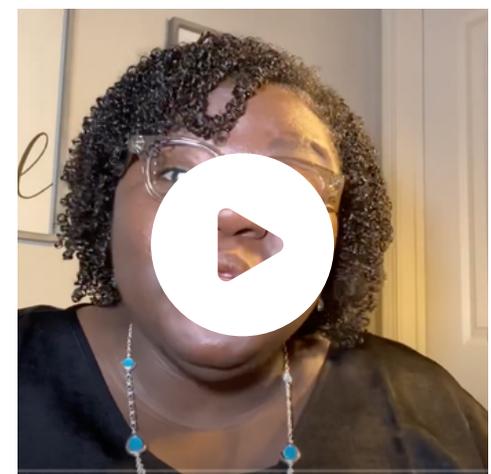
Compassion Fatigue



Burnout Data Example



Work Life Balance



Contact Dr. PBJ

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Click the button below to book a call with
Dr. PBJ

BOOK NOW

Patrice Buckner Jackson, Ed.D

EMAIL

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WEBSITE

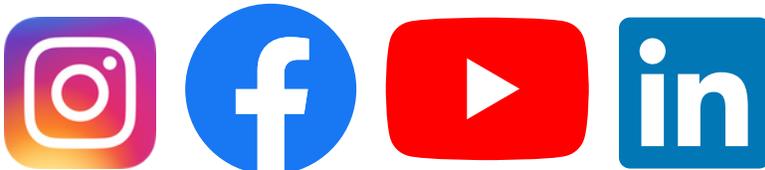
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