

Before taking on her current role of Director, Field Experience (Community-Based Pathway), at the University of Calgary, **Dr. Astrid Kendrick** taught Physical Education and English for nineteen years from Kindergarten to Grade 12. Her research focus since beginning her Doctor of Education in 2015 has been the influence of emotional labor on the well-being of educators and on the scope and experiences of educators with compassion fatigue and burnout. Astrid is an active volunteer in the Physical Education community and is the co-chair of the Health Promoting Schools Collaborative for the southern Alberta region.



## Why is it important to be connected to the PHE Canada Research Council?

Throughout my public teaching, and now university research career, I have actively sought out evidence-based information to be an effective teacher and researcher. PHE Canada and the Research Council have been my go-to for many years to find Canadian-focused lesson and unit plans; research area ideas; reliable information on health and well-being for children and youth; and to keep up to date with the new directions in health and physical activity.

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### Recent publications:

**Kendrick, A.H.** (2022). Compassion Fatigue, Burnout, and the Emotional Labor of Educational Workers. *International Journal of Health, Wellness, and Society*. 13 (1): 31-55. doi:10.18848/2156-8960/CGP/v13i01/31-55.

McNeilly, E., Nickel, J., Burns, A., Danyluk, P., Kapoyannis, T. & **Kendrick, A.H.** (2022). The Canadian preservice teacher education practicum: An examination of fostering university and school collaboration, mentor teacher guidance, and re-centering the practicum. *Interchange*. <https://doi.org/10.1007/s10780-022-09455-7>

**Kendrick, A.H.** (2022). Executive Summary: Emotional Labour, Compassion Fatigue, and Burnout Study. Alberta Teachers Association. <https://www.teachers.ab.ca/SiteCollectionDocuments/ATA/Publications/Research/COOR-101-30-7%20Compassion%20Fatigue-Executive%20Summary.pdf>

**Kendrick, A.** (2022, 11 January). Commit to a 'wellness streak' to help manage work stressors. *The Conversation Canada*. <https://theconversation.com/commit-to-a-wellness-streak-to-help-manage-work-stressors-174592>

**Kendrick, A.H.** (2021). Emotional Labour, Compassion Fatigue, and Burnout Phase Two Research Report. Alberta Teachers Association. <https://www.teachers.ab.ca/SiteCollectionDocuments/ATA/Publications/Research/COOR-101-30-2%20Compassion%20Fatigue-P2-%202021%2006%2018-web.pdf>

**Kendrick, A.** (2021, 28 June). Advice for teachers on ho to use the summer to protect their hearts from burnout. *The Conversation Canada*. Retrieved from <https://theconversation.com/advice-for-teachers-on-how-to-use-the-summer-to-protect-their-hearts-from-burnout-161488>

**Kendrick, A.H.** (2020). Emotional Labour, Compassion Fatigue, and Burnout Phase One Research Report. Alberta Teachers Association. <https://www.teachers.ab.ca/SiteCollectionDocuments/ATA/Publications/Research/COOR-101-30%20Compassion%20Fatigue%20Study.pdf>

**Kendrick, A.H.** (2020). "Defining Relations: A Theoretical Article Mapping the Relational Ties between Educational Actors in Kindergarten to Grade 12 Settings ." *The International Journal of Educational Organization and Leadership* 28 (1): 35-47. doi:10.18848/2329-1656/CGP/v28i01/35-47.

**Kendrick, A.H.** (2020). *Phase one report: Emotional labour, compassion fatigue, and educator burnout study*. Alberta Teachers Association. Retrieved from <https://www.teachers.ab.ca/SiteCollectionDocuments/ATA/Publications/Research/COOR-101-30%20Compassion%20Fatigue%20Study.pdf>

**Kendrick, A.** (2020, 3 September). School funding is needed for student well-being, not only coronavirus safety rules. *The Conversation Canada*. Retrieved from <https://theconversation.com/school-funding-is-needed-for-student-well-being-not-only-coronavirus-safety-rules-140818>

**Kendrick, A.** (December 2019). Love, Heartbreak, and Teacher Emotional Well-being. Retrieved from <https://www.edcan.ca/articles/teacher-emotional-well-being/>

**Kendrick, A.** (2019). How are you REALLY feeling? [podcast]. EdCan Network. Retrieved from <https://www.edcan.ca/articles/podcast-how-are-you-really-feeling/>

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