

This bachelor thesis: Possibilities of prevention against burn-out syndrome for helping professional with children is divided into two parts – theoretical and practical.

Theoretical part is split into three chapters. The first one is dedicated the burn-out syndrome, its definition, symptoms, circumstances and ways that can lead to the syndrome. It is dedicated to phases in which the syndrome takes place and there are also described people who are threatened by the syndrome more than the others. The second chapter is dedicated to stress. The last one is dedicated to the prevention of burn-out syndrome in private and work life.

The aim of the practical part is a quest to find knowledge and approach of helping professional working with children to the burn-out syndrome and its prevention.

Component of the practical part of the thesis is a small research that was accomplished through interviews with twelve employees of Základní škola pro zrakově postižené in Prague. Research sphere concerned the burn-out syndrome in general, the prevention of burn-out syndrome in private and work life.