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School leaders must be aware that their best teachers, or those with the potential to be their best, are also at high risk for stress and burnout. They need to be coached in terms of the strengths shown by the participants in this study. Maintaining a personal life, keeping a healthy lifestyle, balancing commitment to work and to self are all habits that must be nurtured in young teachers to prevent burnout. The path to excellence across professions lies dangerously close to the path to burnout. Excellence requires an emotional, intellectual and spiritual intensity on the part of the individual which must be managed and balanced with care.

## 6. References

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