

## About Jim Burns

Jim Burns is an educator, author, speaker, and fitness professional whose life's work has centered on helping people grow stronger—emotionally, physically, and relationally.

Since 1977, Jim has worked extensively with students who have learning disabilities and behavioral challenges. Over the course of nearly 45 years, he has served as a teacher, school administrator, college instructor, and seminar leader. His work has consistently focused on helping educators, parents, and administrators establish clear standards, build respectful relationships, and create environments where individuals can thrive.

Jim is the creator of *The Bully Proof Classroom*, a graduate-level course offered through The College of New Jersey and La Salle University in partnership with The Regional Training Center. The course is endorsed by the New Jersey Education Association and has helped thousands of educators address bullying, classroom climate, and student behavior with clarity and confidence. In recognition of his contributions to anti-bullying education, Jim was awarded the degree of **Doctor of Humane Letters**.

He is also the author of several books on bullying prevention and emotional development, including *Anti-Bullying 101*, a practical resource for teachers, administrators, support staff, and parents. Jim continues to offer on-site professional development, in-services, and keynote presentations.

In addition to his work in education, Jim has long been an advocate for physical movement as a foundation for emotional balance and long-term health. He believes exercise is not simply about fitness—but about stress reduction, resilience, and overall well-being. Jim is certified by the **National Academy of Sports Medicine (NASM)** as a Personal Trainer, Senior Fitness Specialist, and Corrective Exercise Specialist, and is also a certified SilverSneakers® instructor.

His personal journey deeply informs his work. In *I Trained for a Quadruple Bypass*, Jim shares how a family history of heart disease and stroke reshaped his understanding of health. He emphasizes that while genetics may influence us, they do not define us—and that intentional movement, mindset, and preparation can change outcomes physically, mentally, and spiritually.

At the heart of all Jim's work—whether in classrooms, training spaces, or books—is a belief in responsibility, respect, and personal growth. He teaches that emotional fitness, like physical fitness, must be practiced daily and strengthened over time.

Jim lives in Manahawkin, New Jersey with his wife, Pat, and their daughter, Zoe. He also has two older daughters, Sarah and Grace, who live in Florida.