

The Myth of Employee **Burnout**



Virtual Workshop
March 24, 2021

Burnout

Fatigue, frustration or apathy resulting from prolonged stress, overwork and intense activity

What do these look like?		
Stress	Overwork	Intense activity

What is a myth?

Your engagement level:

6							
5							
4							
3							
2							
1							
	Mar	Apr	May	June	July	Aug	Sept

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Address the stress

Causes of stress	Alternate perceptions

Look in the mirror

I regularly communicate important information to my team _____

I consistently recognize outstanding work and coach sub-par performance _____

I create a positive and healthy work environment _____

I listen _____

Engagement Mindset

New question to ask:

Attention

Connection

Purpose

Feel free to reach out anytime!

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