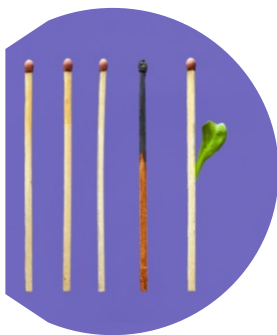


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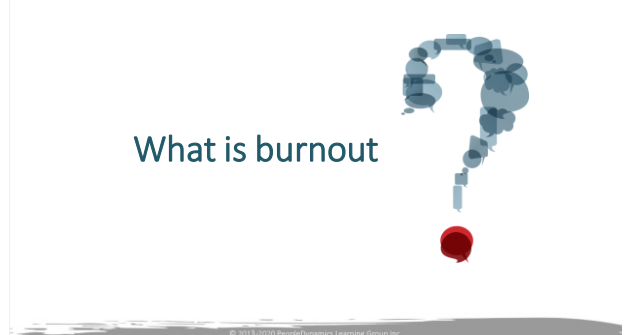


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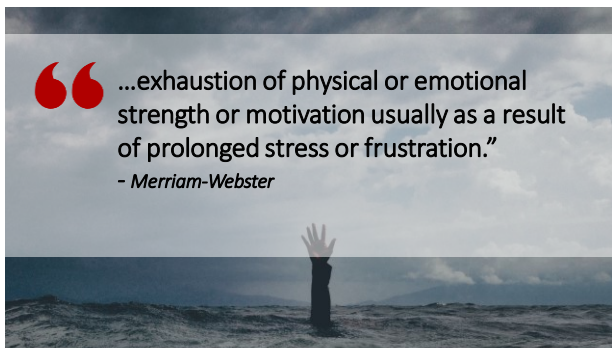


- › What is burnout?
- › What is the impact of burnout on individuals/teams?
- › What helps?

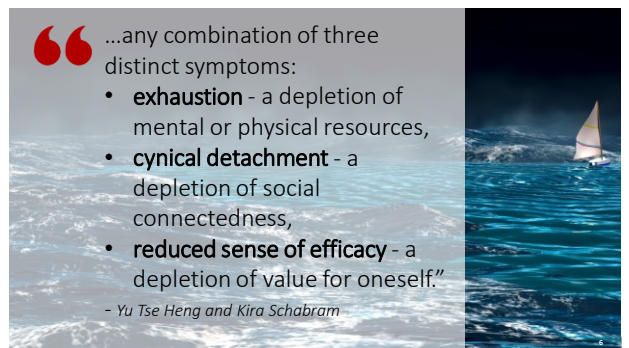
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6

Breakout

1. Based on your own experience or what you've been witnessing, what is burnout like?
2. Where does it show up / what is it affected by?

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7

What impact
does burnout have



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What helps



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9



It can't be stressed enough that the best cure for burnout is **prevention**. It's on managers and organizations to protect their employees from becoming resource-depleted in the first place, and it's also on the employer to provide the resources necessary to support employees' mental health."

HBR

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10

10

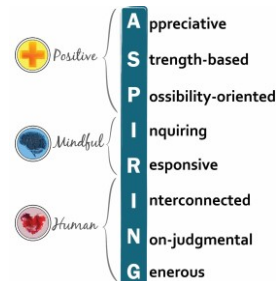
Approaching Others Showing Signs of Burnout

1. Observe
2. Empathize
3. Ask questions
4. Next steps?

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11

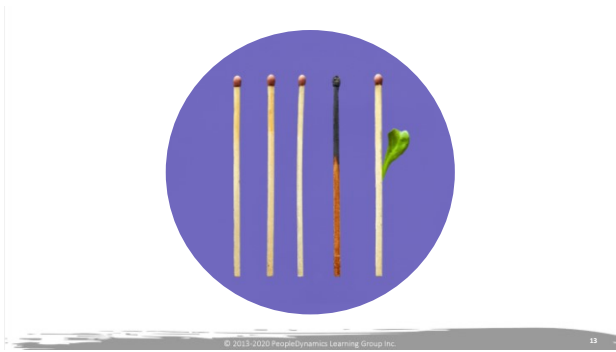
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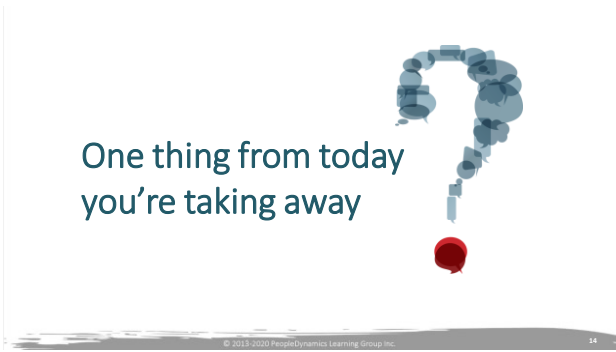
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12



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13



One thing from today
you're taking away

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14



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15