



# Avoiding Burnout: Self-Assessment Methods & Strategies for Self-Care



## Overview/ Description:

Workplace burnout is at an all-time high, with one recent study reporting more than 42% of the workforce to be experiencing components of burnout. This session will dive into the components of burnout, create reflection opportunities for participants to assess their burnout levels, and provide helpful options for proactive self-care. Participants will reflect on their “why” or their inner motivation for doing the work they are doing and how to better connect their why to their everyday work to become happier and healthier versions of themselves.



## Workshop Objectives:

This training will help you:

- Describe factors that increase the likelihood that burnout may become a problem
- Identify signals that indicate burnout is beginning
- Reflect on your inner motivation for completing your role
- Initiate a new self-care plan that includes healthy boundaries



## TARGET AUDIENCE:

ANYONE WHO IS FEELING THE CREEPING FEELING OF BURNOUT AND WANTS TO BE PROACTIVE TO ENSURE THEY DO NOT GET TO THE POINT OF EXHAUSTION, CYNICISM, OR SELF-DOUBT



## EXPECTED DURATION:

45-60 MINUTES