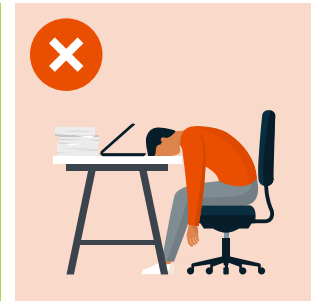




HOW TO AVOID BURNOUT



WARNING SIGNS



INSOMNIA



EXHAUSTION



FREQUENT
ILLNESS



IRRITABILITY



DEPRESSION



LACK OF
INTEREST



FORGETFULNESS

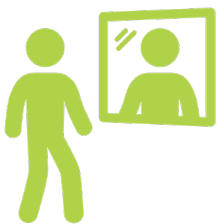
HOW TO PREVENT BURNOUT



Set clear goals and priorities.

When we don't define milestones, we don't know where to invest energy. This can lead to frantically churning out work at the cost of actual progress. You'll feel much better if you know what you're aiming for, and can clearly track your successes!

Include a module in a WPC programme on Planning, which would cover time management, planning tools & decision making



Evaluate the root cause of your feelings.

Feeling ineffective is one of the main drivers of burnout. If workers don't have the necessary oral or written communication skills, know how to deal with customers effectively, manage new technology or just deal with change, they can feel drained.

Help them by running a Dealing with Change, Customer Service or Communication programme




Seek out opportunities to learn.

Taking on a new project can seem like the last thing you need, but boredom only makes work harder.

Reenergise your team by expanding their skill set and trying new things. Give them key skills to take the next step and make them ready for promotion, by doing an Aspiring Leaders programme.

Contact us to discuss learning opportunities with Workplace Communication

0800 423 888  www.aspire2business.co.nz