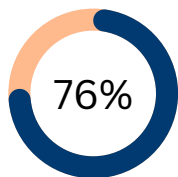


RECOGNISING BURNOUT: A GUIDE FOR LEADERS AND MANAGERS



OF EMPLOYEES EXPERIENCE BURNOUT ON THE JOB AT LEAST SOMETIMES

This resource aims to equip you with the knowledge and strategies needed to recognise burnout in yourself, your team members, and create a happier, healthier work environment.

BEHAVIOURAL AND PERFORMANCE INDICATORS

DECREASED PRODUCTIVITY

INCREASED ABSENTEEISM

REDUCED ENERGY OR EXHAUSTION

FEELINGS OF CYNICISM

POOR CONCENTRATION

MINDSET FIXATED ON PROBLEMS RATHER THAN FUTURE OPPORTUNITIES

RESISTANT TO COACHING AND DEVELOPMENT

INTERPERSONAL CONFLICT

ACTION STEPS

- Conduct regular 1:1 check-ins with your team members - don't underestimate the power of asking "how are you?".
- Provide wellbeing resources that educate employees on how to manage stress, burnout and sleep. **Our programs can help!**
- Self-reflect on your own wellbeing - you can't help others if you are also burnt-out!

BETTER BEING CAN HELP!

Don't let burnout get in the way of your teams success.

Better Being are the leading educators in health and fitness for those leading a busy corporate life. We've spent over 15 years using evidence-based practices to create bespoke programs that combine physical, physiological and interpersonal skills to provide tangible benefits - in the workplace and at home.

Discover what leading businesses do to drive team performance.

[BOOK A FREE CHAT](#)

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