How to Prevent, Break Through and Eliminate Burnout

Fire Up So You Don't Burnout

By: Jessica Rector

Contributing Factors

1. Working too many hours
2. Too much workload
3. Negative workplace culture
4. Not enough sleep
5. Perfectionism
6. Lack of appreciation
7. Routines/boredom
8. Bad habits
9. Poor leadership
10. Unclear job expectations

New COVID-19 Contributing Factors

1. Change
2. Disruption
3. Uncertainty
4. Fear
5. Engagement
6. Job Loss/Letting people go
7. Team Dynamic
8. Kids at home
9. Connection
10. Health crisis
11. No daily routine
12. Feeling helpless
13. Boredom

How Do You Feel? (10=no burnout, 0=high burnout)
Cost of Burnout

1. Identification and Prevention
2. Benefits of Success
   3 months, 6 months, a year, 3 years
3. Cost of Doing Nothing
   3 months, 6 months, a year, 3 years

What is one thing you can do consistently to improve in ONE area?

Boundaries
Education
Awaken
Schedule
Think Differently

JessicaRector.com
Jessica@jessicarector.com
JessicaRector
JessicaRectorSpeaker
JessicaRector