

Cultivating a Healthy Workplace

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Module One: Understanding Burnout

1. _____: Percentage of human resource leaders that say burnout is sabotaging workplace retention.

2. Put simply, burnout is:
 - a. _____
 - b. _____
 - c. _____

Module Two: Recognizing Burnout

3. What are the four signs of burnout?
 - a. _____
 - b. _____
 - c. _____
 - d. _____

4. Name the four potential results of the Nonprofit Burnout Assessment:
 - a. Passion _____
 - b. Passion _____
 - c. Passion _____
 - d. Passion _____

Module Three: Addressing Burnout

5. Name one strategy for helping address each dimension of burnout:

- a. Exhaustion: _____
- b. Depersonalization: _____
- c. Lack of Personal Accomplishment: _____

6. You can't _____ someone else they are _____ and they need to do _____ about it. You can:

- a. _____
- b. _____
- c. _____

Module 4: Preventing Burnout

7. Focus on your circle of _____ versus your circle of _____.

8. What are three ways organizations can help prevent burnout?

- a. _____
- b. _____
- c. _____

Module 5: Building Resilience

9. What's one way you can find the "upside" of stress? _____

10. Like a physical skill, _____ resilience is a skill you can _____.

11. Resilience is how you _____. Not how you _____.

APPLYING OUR LEARNING: What's one way you are going to implement what you learned today within the next week? _____