

Why burnout affects grafters and slackers and how to stop it.

26 - 29 Jul 2021

Poll results

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Why burnout affects grafters and slackers and how to stop it. This webinar starts at 12:30. Where are you joining us from today?

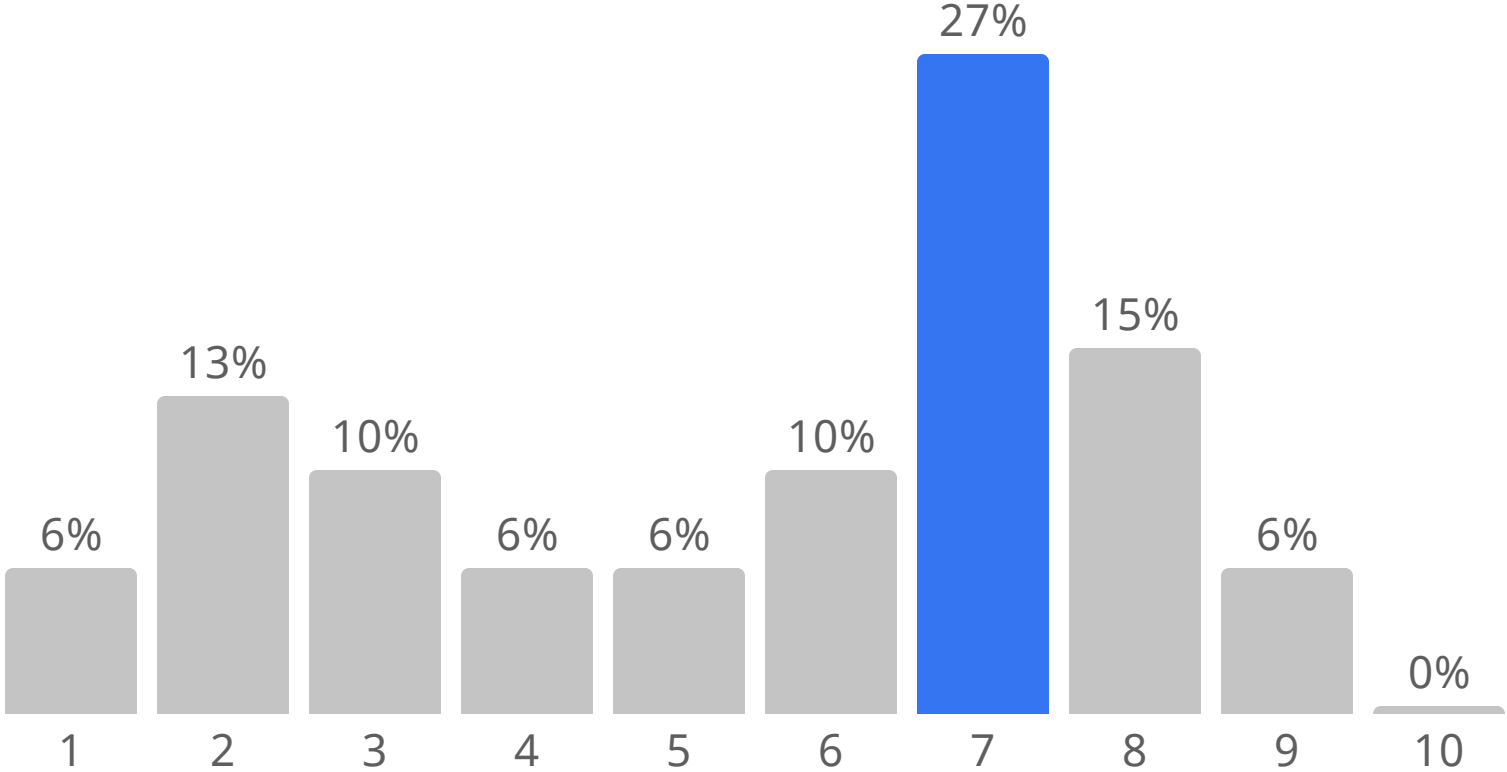
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How burnout do you feel now? 1 - Low to 10 - High

0 4 8

Score: 5.4



What are the key symptoms to you? (1/2)

0 4 8

Long Hours at work



Bullying culture at work



Parenting (COVID times)



Family pressures (caring, support etc.)



Relationship difficulties



Personal Finance



What are the key symptoms to you? (2/2)

0 4 8

Business Survival



General Worry



What are your key takeaway's from this event?

0 2 4

(1/2)

- Understanding of the burnouts with working from home at work and TEST.
- Setting thinking time aside. Plan day.
- Great presentation. If you thrive on pressure read alister brownlees new book, very interesting
- Excellent presentation, hope there will be more like this
- I liked the TEST method
- Happy anchors are useful, I was doing it without knowing how important it was for me. Great presentation, very useful tools.
- Start a weekly timeslot to use the test technique on my work problems
- Deliberately parking, using 'what is the worst that could happen', and TEST
- Happy anchors How to handle worry Dealing with hopelessness
- Our expectations from immediate culture
- Lower your standards on trivial things? And not using a to do list
- Black dot technique for working out what to reschedule
- Take a step back, breathe, and be kind to myself.

What are your key takeaway's from this event?

0 2 4

(2/2)

- TEST
- helpful solutions to avoid getting into a position of burnout
- T.E.S.T. is a great tool.
- Happy anchor!
- anchor times
- The tools for coping are really useful. I ll share these with my team.
- better understanding of the subject and how to deal with it
- To book a weekly happy anchor :)
- Worry Time
- Recognising and Managing potential burnout.
- Good points and approaches. All common sense but we overlook these in the daily grind! Sorry - needed to leave early for a mtg
- Planning and time management. If I am finding being overwhelmed and it continues too long speak up to your line manager. If you are the Manager, just stop and take more time for yourself.