

Welcome!

Avoiding Burnout

Today's agenda

- Getting centered
- River of burnout
- Assessing personal priorities
- Evaluation
- Wrap up

Peter Block's questions

- How valuable an experience do you plan to have over the next few hours?
- How active an engaged do you plan to be?
- How much do you care about the quality of the experience of your fellow participants?
- How much risk and vulnerability are you up for?

Getting centered

River of Burnout

River of burnout

- How did you know you were there?
- How did you move out of it?
- What do you do now to avoid going back to that place?

Assessing priorities

- Work
- Friends and Community
- Recreation
- Spirituality
- Family and Relationships
- Chores, Finances, etc.

For each area

- Draw/ colour the amount of time (proportionally) you spend

What you control

- What you control
- What you influence
- What you are concerned about

Adjusting priorities

- Draw/ colour the amount of time (proportionally) you want to spend
- Think of one action you will take in each area to adjust your priorities
- Two choices for categories:
 - 6 from pie diagram
 - 12 from handout – 12 basic needs

Sharing

- Adjustments you'd like to make?

Thank you!

- Recap?
- Insights?
- Highlights?

- Regrets?
- Appreciations?