

# Burnout Checklist

## Preventing Burnout in caring

*but stretched*

## Organisations



# Welcome!

## Let's do this!

As a leader, your mission is to guide your team towards achieving outstanding results.

You genuinely care about your people, uphold your values, and don't tolerate toxic behaviour. However, you know that business demands can place pressure on teams *because you feel it too*.

### How can you help your team avoid burnout?

Workload is a significant factor in burnout but it's not the only one. The key is to create a dynamic environment where teams can thrive which is crucial for attracting and retaining *top performers*. By providing support, meaningful work, and a foundation for high performance, you can succeed together.

### Apply Business Psychology for Thrive Mode

By infusing your process with proven psychological principles, you can transform your team from survive to thrive mode.

Employ the checklist to make impactful changes and eliminate burnout in your organisation.

*Fiona Kearns*



## Check you're doing these critical tasks

- ☐ *Improve Communication*  
Communicate with extreme clarity especially challenges
- ☐ *Amplify Appreciation*  
Recognise & Reward Hard work and Achievements
- ☐ *Meaningful Work*  
Help your team see the impact and meaning of the work
- ☐ *Ensure Manageable Workloads*  
Review workloads to ensure they are fair and achievable
- ☐ *Guarantee Fair Treatment*  
Avoid favouritism - review terms and pay for fairness
- ☐ *Tailored Support*  
Check with individuals what support is wanted & needed
- ☐ *Proactive Managers*  
Provide regular & meaningful feedback and regular 1:1's
- ☐ *Role Clarity*  
Help people understand what is expected of them at work
- ☐ *Enlist Expert Help*  
Laser-focused expert guidance fast tracks your progress.

# Kearns Consultancy

## How we can help?



### Strategic Confidence

Customised individual programme of high performance leadership for executives.

### High Performance Leadership



### Team Performance Training

Transforming poor performing team members into high performance teams requires leadership upskilling

### Leadership and Communication



### Keynote Speaker

Enrich your event with a commercially savvy business psychologist and engaging speaker

### Book Fiona to speak at your event

# WANT MORE?

Would you like your organisation to thrive, where high performance and enjoyment go hand in hand? Achieving this means equipping leaders and team members with the knowledge and skills they need to excel personally while reaching organisational goals.

To explore how this can work for your organisation, book a conversation with Fiona Kearns [here](#) or use the QR Code below.

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