

Strategies for Shaping Worklife to Prevent Burnout

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Agenda

Minutes	Topic	Process
0-20	Introductions and Objectives for the Session	Concepts
20-80	Setting the Ground rules <ul style="list-style-type: none"> • Participation, Interruptions, Civility • Confidentiality Complete & Score Burnout Inventory Contrast Burnout & Engagement <ul style="list-style-type: none"> • Exhaustion, cynicism, inefficacy Related Profiles Overextended, Disengaged, Ineffective	Group Work Participant Self-Assessment Discussion of Profiles
80-100	Two Process Model that Make a Difference Between Burnout v Engagement <ul style="list-style-type: none"> • Demands/Resource Balances v Imbalances • Core Motives: Fulfilment v Frustration 	Concepts
100-120	Six Areas of Worklife <ul style="list-style-type: none"> • Description • Participants relating to their workgroups 	Concepts
120-135	Break	
135-165	Complete & Score Areas of Worklife Scale Question: <ul style="list-style-type: none"> • Describe one of these processes in your current job • ID Potential issues for future jobs 	Group Work
165-210	Developing Action Plans <ul style="list-style-type: none"> • Change the Job • Group Actions • Individual Resilience 	Group Work
210-255	Lunch Break	
255-300	Group Presentations <ul style="list-style-type: none"> • Summarize Three Plan Components • Next Steps 	Plenary
300-330	Question: <ul style="list-style-type: none"> • What part of your lifestyle builds resilience against burnout? 	Plenary Discussion

	<ul style="list-style-type: none"> • What Change at your workplace would result in the greatest improvement in overall engagement? 	
330-345	Break	
345-405	Issue: How Can Leaders Prevent Burnout among their Team Members?	Open Discussion
405-420	Wrap-up	

Learning Objectives & Outcomes

1. Participants will write an action plan relating to their relationship with work.
2. Participants will identify key areas of worklife supporting engagement or aggravating towards burnout in their work.
3. Participants will identify other worklife profiles related to job burnout.