

BATTLING BURNOUT: UNEXPECTED WAYS TO FUEL UP WITH STRENGTHS

WHAT'S IT ALL ABOUT?

**SPENDING A LOT OF TIME IN YOUR
WEAKNESS ZONE CAN MAKE YOU WEAK.**

**TUNING INTO YOUR STRENGTHS
CAN BRING YOUR MOJO BACK.**

In this session, you'll tackle burnout through the lens of your values, prioritization, and obstacles:

VALUES

- 1) Explore how much your personal values influence your energy levels and engagement at work (past and present).
- 2) Get clear on what "insults" and "honors" your values. This clarity allows you to see what drains you and what fuels you.
- 3) Explore how your personal values map to company values, and how your strengths can help you align.

PRIORITIZATION

- 4) Become aware of what headspace you thrive in, and what areas would be great for partnerships to mitigate your weaknesses.

OBSTACLES

- 5) Practice the funnel method for filtering challenges through your strengths to get unstuck.
- 6) Learn the Fundamental Attribution Error that leads to conflicts in the workplace. Then reframe through a strengths lens.

90 MINUTE (LIVE) VIRTUAL TRAINING

WHY ARE YOU BURNED OUT?

It happens to all of us. You can be on fire for months and then suddenly, wham! You've lost your mojo and you can't figure out what's sucking the life out of you.

You like your role. You get along with your manager. Your teammates are smart. So what gives? You might even start to wonder, "What's wrong with me? Why do I feel stuck when everything seems great on paper?"



When you're honoring your values and talents, you get energy, enjoyment, and excellence.



When your values are insulted at work, you're likely to feel demotivated, drained, and dull.

Have you ever wondered why some days you're at your productive, energized-best, and other days, well...you're totally drained? Chances are, part of that difference is explained by the moments that you're in your strengths zone rather than your weakness zone.

Join the battling burnout session to explore practical ways to use your strengths to put more "gas in your tank" at work.

