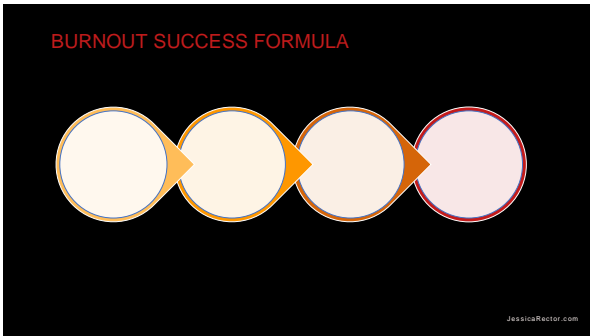




Jessica Rector
Opening Keynote Speaker

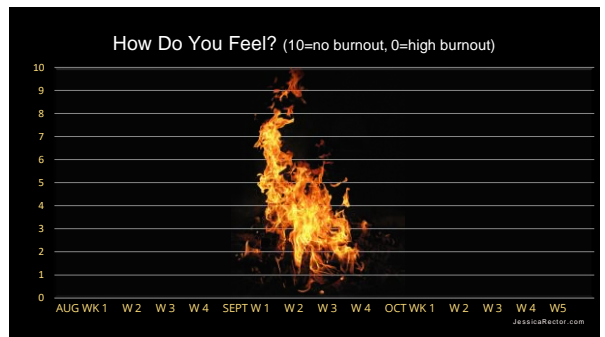
2020 WI SHRM Leadership Conference
Tuesday, August 4, 2020

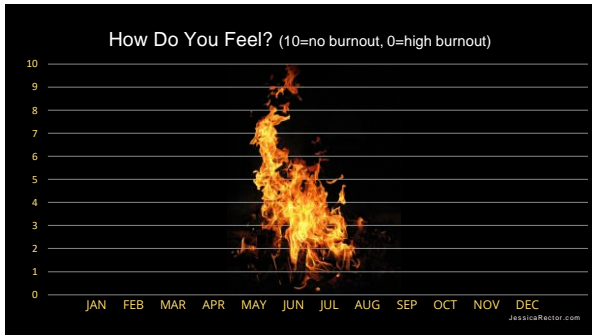




- ### Contributing Factors
- 1. Working too many hours
 - 2. Too much workload
 - 3. Negative workplace culture
 - 4. Not enough sleep
 - 5. Perfectionism
 - 6. Lack of appreciation
 - 7. Routines/boredom
 - 8. Bad habits
 - 9. Poor leadership
 - 10. Unclear job expectations

- ### New COVID-19 Contributing Factors
- 1. Change
 - 2. Disruption
 - 3. Uncertainty
 - 4. Fear
 - 5. Engagement
 - 6. Job Loss/Letting people go
 - 7. Team Dynamic
 - 8. Kids at home
 - 9. Connection
 - 10. Health crisis
 - 11. No daily routine
 - 12. Feeling helpless
 - 13. Boredom





Cost of Burnout

1. Identification and Prevention
2. Benefits of Success
3 months, 6 months, a year, 3 years
3. Cost of Doing Nothing
3 months, 6 months, a year, 3 years

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TOP FIVE WAYS TO TACKLE THE BURNOUT BEAST

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Want more resources, tools,
and strategies?

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