



BUSTING BURNOUT MYTHS



DEMYSTIFYING BURNOUT

A data-driven approach to solving the human energy crisis

The term *burnout* catapulted into the spotlight in 2021 as the pandemic's physical consequences morphed into psychological ones. This human energy crisis threatens to derail our work and our lives, yet misconceptions about burnout abound - and we can't solve what we don't understand.

Equip your team with the tools and knowledge to apply the correct solutions and beat burnout for good.

CUSTOMIZED SOLUTIONS

In this highly interactive workshop, participants learn how to identify, prevent and mitigate burnout by understanding -

- the definition of burnout and how it differs from other conditions like crisis fatigue or moral injury;
- the five phases and three dimensions of burnout;
- the seven types of rest you need to truly recharge;
- industry-specific pathways to burnout;
- and much more!

LEGO® SERIOUS PLAY®

LEGO Serious Play is a facilitated communication and problem-solving methodology promoting deep reflection by activating the hand-mind connection. It can be incorporated to support the exploration of burnout mitigation tools, advance networking and improve team connections.



CONSULTANT BIO

Leah Phifer spent 15 years serving in crisis management and HR positions with the federal government. She's a former professor of Statistical Methodology & Research Design with a Masters degree in Public Policy.

Through WhyWork, Leah mitigates the greatest HR crisis in decades using data-driven education and customized research methodologies to uncover what people uniquely need to thrive at work.