

HOW TO COPE WITH 2020 BURNOUT

There are a lot of challenges in today's world for the business leader. Shutdowns, economic instability, difficulty making a business plan in a constantly changing environment. But one of the main challenges may not be what you think... Burnout.

- 1. Think about the signs of burnout as we discussed. Are you recognizing any of those signs in your daily life? Have other people in your life noticed a change?**
- 2. Think about your team members. Have you noticed any of them showing signs of burnout?**
- 3. We talked about three steps you can take to prevent burnout. What steps are you going to implement to stop the effects of burnout?**