

A CULTURE OF CONNECTION



Burnout

Watch the Video: <https://bit.ly/3ZM7Uie>



DISCUSSION QUESTIONS

1. What do you think the difference between normal stress and burnout is?
2. What are the potential consequences of burnout on our team?
3. How should our team members communicate if they think they are feeling burned out?

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Need help or have questions about facilitating Civilitas? Please contact our team at civilitas@bellin.org



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We welcome your feedback. Contact us with any questions, concerns or ideas.

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