

A CULTURE OF CONNECTION



Burnout to Breakthrough

Watch the Video:

https://youtu.be/CiadD_S55Gw



DISCUSSION QUESTIONS

1. Have you suffered or are you suffering symptoms of burnout?
2. What are some of the tactics you use to build individual resilience?
3. Are others in your department dealing with burnout?
4. How can you help each other build resilience?

Find more Civilitas topics and content on Julius under Leadership Resources

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



Linda Golik, Health and Wellbeing Consultant

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

bellinhealth



civilitas@bellin.org