

## Avoid Burnout and Motivating Employees

In these troubled times, it's important to use good strategy for managing the anxieties that threaten our livelihood. As leaders in the workplace, we must also rise a level above to safeguard the wellbeing of our coworkers and employees.



In business around the country, millions of dollars are wasted on motivational strategies that simply don't work. Learn ways to go beyond just "tossing a bone" in the direction of your employees by tapping into their internal drivers. Everybody wins when your people find fulfillment at work!

### **BENEFITS:**

- Identify warning signs of stress overload
- Identify major factors that affect motivation
- Test and choose from stress management tactics
- Apply dialog and listening skills that model community, influence, and openness
- Improve productivity with mindfulness techniques
- Model the concept of accountability
- Teach a four-step process designed to help groups learn from mistakes

