

BURNT OUT OR JUST COOKED?

We all want to understand what's going on with ourselves – emotionally, physically and mentally. We are influenced by our own thoughts as well as how everyone else is around us. So, let's get to the facts – the REALITY so we are not second guessing what is going on and how we really feel. Then, once knowing the facts, what we can each do to improve our sense of wellbeing and control of our lives.



Understand

Brief Introductory Video which explains the difference between burnout and cumulative fatigue. Video tailored for organisation, providing context of program and specific objectives.

01



Assess

Individual completes online Psychological Questionnaire to identify levels of:

1. Emotional exhaustion
2. Depersonalisation
3. Personal accomplishments

02



Unpack Assessment and Take Action

45 minute 1:1 Discussion with Psychologist to unpack the results of the questionnaire and identify target areas of support

03



Build Support

Determined by psychological risk level identified in assessment outcomes, either:

1. (Low - Medium Risk) Further discussions with Supervisor/ Line Manager for support at work
2. (Medium - High Risk) 3 x 1:1 Psychological Risk Mitigation Coaching Session with Barrington Centre Psychologist

04

Registration fee: AUD \$450 + GST

1300 857 363

client.services@barringtoncentre.com

Register Here 