#9: We Prevent Burnout

We are pro-active in monitoring, detecting and supporting of those at risk of burnout.

We enable our leaders and team members by providing the environment, strategies and coping mechanisms to handle pressure with ease and grace.

We speak openly about mental health.

Having a mental health day due to stress is not a taboo in our organization.

Sometimes it's the best solution.

Questions for Discussion:

- What components of this declaration do you strongly agree or disagree?

- What are the most important aspects of the declaration?

- What stories comes to mind in terms of wins or challenges relate to this?

- What aspects of your organisation/team are you most proud of in relation to this topic?

- What initiatives related to this topic have your team/organisation implemented?

- How do you monitor/prevent risk of burnout in your team/organisation?

- How common/acceptable is it for people to take a mental health day off?

- What coping mechanisms are encouraged and demonstrated by leadership team?

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