Goskills

Creating Fulfillment and Avoiding Burnout

GoSkills online course syllabus

Skill level
Beginner

Lessons
20

Pre-requisites
No prior experience needed

Video duration
52m

Estimated study time
52m 49s

Instructor
Rachel Montañez

Introduction

1 Burnout is a universal problem

Burnout is one of today's biggest workforce challenges, and it can have crippling effects on your health and happiness.

Examining Burnout Contextually

2 Exploring career fulfillment

To be happy at work and not burned out, you need to know what actually makes a career fulfilling, and sometimes that's hard to picture.

3 What is languishing?

When you find yourself languished and feel like you're drifting, it's important to reflect and address those feelings, so you're less likely to head down the wrong path.

4 Understanding burnout

Burnout is the lowest point on the career continuum, and it can eat away at your ability to feel fulfilled at work.

Common Individual Contributors

5 A mismatched career

Did you know there's a huge element of your career choice that plays a significant role in avoiding burnout?

6 Personality types

Burnout happens to good people who care about their work.

7 Identity and roles

If you want to avoid burnout, you'll have to pinpoint widely documented factors that make you more prone.

Key Organizational Contributors

8 Taking overwork seriously

The World Health Organization says working long hours poses an occupational health risk killing hundreds of thousands of people each year.

9 Working relationships

There are two things you need from your relationships at work.

10 Inequity and burnout

Inequity unfortunately, and unsurprisingly, contributes to burnout.

Building an Anti-Burnout Mindset

11 Shifting your mindset

One of the best things you can do to overcome feeling burned out is to evaluate your mindset and make adjustments where needed.

12 Creating your success equation

Life is fast-paced, and sometimes it's hard to slow down and disconnect so we can reflect and explore.

13 Embracing micro steps

Sometimes, you might get discouraged and feel defeated because you're focusing too much on the end goal.

Achieving Burnout Clarity

14 Calculating your triggers

To achieve a solution, you have to pinpoint the problem or cause.

15 Identifying an immediate goal

Avoiding burnout through clarity requires eliminating the crippling effects of feeling void and doing nothing.

16 Advocating with clarity and confidence

It’s hard to look to the future and advocate without clarity and confidence.

Transforming Towards Fulfillment

17 Managing your energy

When you're making progress or working towards creating fulfillment and beating burnout, there will still be times where you're running on empty.

18 Creating boundaries

Burnout thrives when there are weak boundaries.

19 Support and community

Knowledge is only part of the recipe; long-term success requires support.

Conclusion

20 Time to feel fulfilled

Thanks for watching this course!

Go to GoSkills.com