

# HR Leader's Tips for Increasing Engagement and Decreasing Burnout

GoSkills online course syllabus

**Skill level**

Beginner

**Lessons**

11

**Pre-requisites**

No prior experience needed

**Video duration**

21m

**Estimated study time**

21m 3s

**Instructor**

Julie Turney

## Introduction

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- 1** **Overcome workplace burnout**  
Overcoming exhaustion and overwhelm begins with awareness and openness to solving it.

## Establish Workplace Goals

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- 2** **Know your why**  
How do you get to a place of being in a career that you actually love? After this lesson, you'll be able to get to the core of your purpose.
- 3** **Create people first culture**  
How many times have you heard, "Check the policy for the answer." What if there's a better way?
- 4** **Set expectations**  
Clarity around goal setting begins with pinpointing expectations.

## Create a Supportive Environment

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- 5** **Foster engagement**  
Engagement is a key driver of success in any workplace.
- 6** **Integrate creative approaches**  
Understanding team members on a human level leads to higher levels of engagement.
- 7** **Create a safe environment**  
Asking questions on a personal level can help employees feel understood.

# 8

## From awareness to mastery

It could be challenging to identify a path for skills development at any organization.

# Overcome Burnout

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## Defining burnout

Have you ever felt a heavy exhaustion and lack of focus in the workplace?

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## Burnout awareness checklist

Mitigating burnout is key for an effective workforce.

# Conclusion

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# 11

## Next steps

Congratulations on completing this course.

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