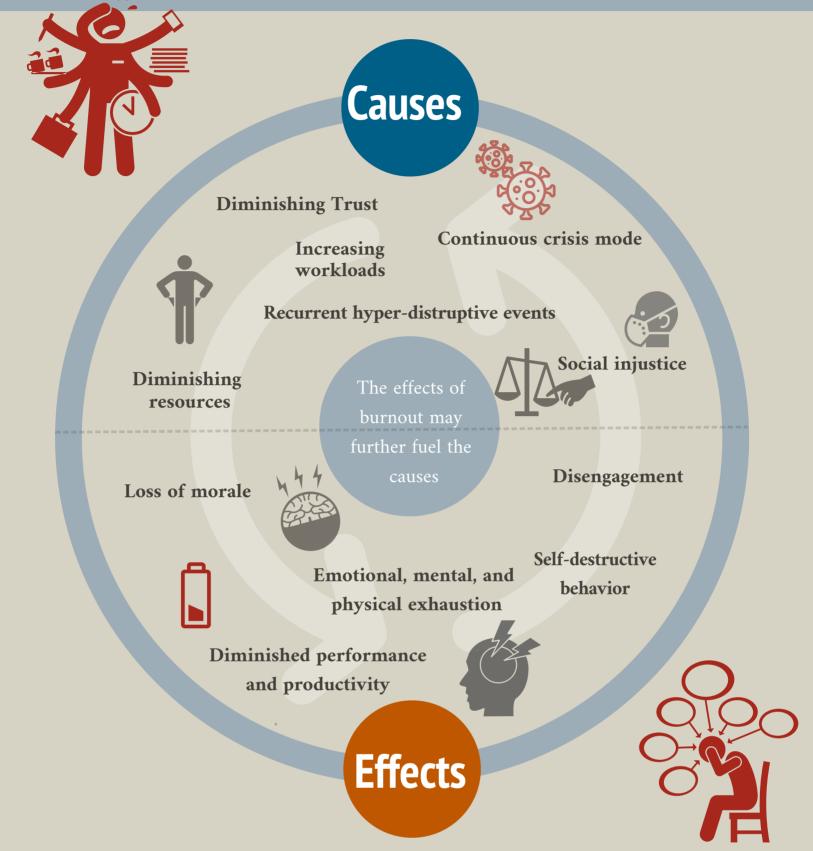


The University of Texas at Austin Learning & Development Human Resources

## WORK FATIGUE & BURNOUT

A prolonged unstable operating foundation with constantly changing responsibilities and no resources to respond accordingly. This issue seems to affect high performing people in particular.



## **Provide the following for your team or organization:**

Space to communicate, socialize, recover, & prioritize wellness

An environment, structure, & culture of continuous learning

Autonomy to take healthy risks, make decisions, & implement solutions Manager training with emotional intelligence, active listening, & developing others

https://hr.utexas.edu/learning-development