

Burnout Recognizing Signals. Managing Symptoms.

In a survey of over 1000 full-time employees, 89% said they had experienced burnout at least once during the past year. And over 70% said they would leave their current job for another organization offering better resources to reduce feelings of burnout.

Burnout is a critical issue for leaders, few of whom have been given the knowledge and tools for leading their team members on coping with and managing this problem.

Even worse, overwhelmed and stressed-out leaders soon become the source of employee stress and additional burnout!

Burnout does not happen overnight to anyone. Leaders and employees need to know the early warning signs so they can prevent burnout from impacting their health and the organization's results.

Key messages in this keynote talk:

- The five top causes of burnout at work.
- The impact burnout has on employee productivity and organizational results.
- The actions leaders and organizations can take to help employees deal with burnout.

Steven Howard Keynote Speaker | Award-Winning Author

Leadership speaker and award-winning author Steven Howard is a dynamic, thought-provoking, and engaging speaker who brings to audiences the perspective of over 40 years of senior leadership experience in North America, Asia, and Australia.

He also brings a truly international and multicultural perspective to his keynote presentations, having lived in Singapore for 21 years, Australia for 12 years, and Mexico for two years.

A highly accomplished platform and virtual speaker, Steven provides Leadership Keynote Speeches globally for public and corporate conferences, leadership retreats, and association meetings.

Steven was named one of the Top 200 Global Voices on Leadership in January 2023.

