

WORK OVERLOAD?

HOW LEADERS CAN HELP

HOW CAN LEADERS HELP EMPLOYEES STRUGGLING WITH WORK OVERLOAD? CONSIDER THE FOLLOWING STEPS:



THOUGHT QUESTIONS:

- Which areas (recovery, redesign, control & flexibility, support, balance, boundaries) are the most problematic for employees?
- What steps should be taken in each problem area?
- How will you monitor employees' risk of burnout due to work overload?
- How will you know if the extra help or support is making a difference? What will success look like?

