

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

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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!

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