

YLS + INSPIRECORPS
INITIATIVE COMMITTEE
SESSION 4

"Each person holds so much power within themselves that needs to be let out. Sometimes they just need a little nudge, a little direction, a little support, a little coaching, and the greatest things can happen."

PETE CARROLL
NFL FOOTBALL COACH



Joint Steering Committee Celebration + Reflection

What we loved about it:

What we learned from it:

Any feedback we want to share with them?

**Align on next steps for each of the teams:
What's your "big rock" focus for April/May?**



Energy Management

BURNOUT:

A state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress.

Characterized by three simultaneous states:

1. Physical exhaustion
2. Cynicism
3. Lack of personal accomplishment

5 Main Causes of Burnout in Work

1. Unfair treatment at work
2. Unmanageable workload
3. Unclear communication from manager
4. Lack of manager support
5. Unreasonable time pressure

Sources:

Help Guide, Maslach and Leiter, 2016, Gallup

RESET:

Deliberate, short-term breaks in your attention and cognitive processing, a focused shift away from stressors and toward refreshers.

General Energy Reset: Refresh energy when feeling stuck, tired, or distracted. Resets can be emotional, cognitive, physical or a combination.

- Take a walk, stretch, and grab some sunlight.
- Hold a yoga pose until you feel some tension, then relax.
- Use your favorite music app and search songs by moods you want to create.
- Use a meditation app to ground yourself and clear the slate.
- Walk away to get space and think about the kind of leader you want to be.
- Take slow, deep breaths for 30 to 90 seconds.



Energy Management

Activities and interactions that fuel my energy

Activities and interactions that zap my energy