

Employee Burnout



This week...

Mark has noticed that Haya looks exhausted recently. He is having a meeting with her to find out what the problem is.

Lesson Objectives...

- Causes of employee burnout
- Dealing with burnout

Business English Conversation

Advanced Class



Have you suffered from burnout before?

What's wrong with her?



Why does he look so exhausted?

Mark Haya, I would like to speak to you about something.

Haya Sure, Mark. Is there anything wrong?

Mark I have noticed that you look worn out and not very happy lately.

Haya To be honest, I am feeling burnt out.

Mark What do you think is the cause?

Haya I have too much work to do. Also, no matter how hard I work, my effort doesn't seem to be recognized.

Mark I understand how you feel. Can you think of any other reasons?

Haya Yes. I'd really like to develop new skills and advance my career, but there doesn't seem to be those opportunities working for this department.

Mark Thanks for sharing your feelings with me. I will discuss these issues with the HR department.

Haya Thanks for listening, Mark.

I'd really like to take you to lunch to discuss a partnership.

1. I have noticed that you look lately.
2. To be honest, I am feeling
3. No matter how hard I work
4. I'd really like to



Role Play – Employee Burnout

Student A has noticed Student B is looking exhausted recently. Student A is asking what is wrong and Student B explains he/she is suffering from employee burnout.



Student A: Tell Student B that you would like to speak to him/her about something.
Student B: Ask Student A if there is anything wrong.

Key Phrases

- I would like to speak to you about something.
- I have noticed that you look worn out and not very happy lately.
- What do you think is the cause?.
- Thanks for sharing your feelings with me.
- Is there anything wrong?
- To be honest, I am feeling burnt out.
- No matter how hard I work
- Thanks for listening.
- *Other*

Causes of Burnout

- too much work to do
- depressing work environment
- no opportunities for career growth
- effort not being recognized
- compensation not fair/not competitive
- *other*



1. Companies are responsible for burnout, not employees.
2. There should be a limit to how many hours an employee should work each week.
3. Employee burnout is a serious problem in Japan.

- What are some common causes of burnout?
- What can be done to prevent burnout?
- Do you think burnout is a serious problem around the world?

- advance - *I'm hoping to **advance** my career with this company.*
- burnout - *He looks as though he is **burnt out** these days.*
- cause - *Do you know what the **cause** of the problem is?*
- discuss - *Can we **discuss** this later?*
- issue - *This is an important **issue** that we have to fix.*
- prevent - *How can we **prevent** employee burnout?*
- recognized - *My work on this project is not being **recognized**.*



Business Technology

Business budgets can be tight, especially where IT is concerned. Upgrades to business technology however can pay for themselves quickly by improving IT performance and enabling employees to accomplish more in less time. Next week we will look at business technology and the advantages upgrades have for a company.