

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

Basic Class



Have you suffered from burnout before?

What's wrong with her?



Why does he look so exhausted?

*Create a short story using the following format

1. Who
2. Where
3. When
4. What's happening?

*Create simple sentences using the vocabulary

1. feeling
2. cause
3. discuss
4. issue

Can we **discuss** the **issue** this afternoon?



1. **You look** exhausted **lately**.
2. **To be honest, I** have been working 16 hours a day recently.
3. **I'd really like to** work in a different department.
4. **There doesn't seem to be** anyone at the office.

Mark	Haya, I'd like to speak to you.
Haya	Is there anything wrong?
Mark	You look tired and not very happy lately . What's the matter?
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, my effort isn't being recognized by the company.
Mark	I understand how you feel. Can you think of any other reasons?
Haya	Yes. I'd really like to advance my career, but there doesn't seem to be those opportunities here.
Mark	I will discuss these issues with the HR department.
Haya	Thanks for listening, Mark.

1. You look lately.
2. To be honest, I
3. I'd really like to
4. There doesn't seem to be

Please select the most appropriate response for each item below:

1. A: I will discuss these issues with manager later.
B: Thanks for listening. I really appreciate it.

a / the / no article

2. A: This is a serious problem. We need to solve it.
B: I agree. Let's have meeting with the staff tomorrow.

the / an / a

3. A: Can you meet me in my office at 3 pm?
B: Sure. Do you want me to bring documents?

an / no article / the

4. A: To be honest, I am feeling exhausted these days.
B: You look very tired. You should take few days off.

no article / the / a

5. A: You are looking really tired lately. What's the matter?
B: I have too much work to do.

no article / the / a

6. A: There doesn't seem to be anyone in meeting room.
B: OK. I will call the supervisor and ask him about it.

the / no article / a

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: I'd like to speak to you.

Student B: Is there anything wrong?

Student A: You look tired and not very happy lately. What's the matter?

* Continue the conversation using the **Key Phrases** and **Causes of Burnout** from below.

Key Phrases

- What do you think is the cause?
- Can you think of any other reasons?
- Thanks for sharing your feelings with me.
- I will discuss these issues with the HR department.

- To be honest, I am feeling burnt out.
- I'd really like to
- Thanks for listening.
- *Other*

Causes of Burnout

- I have too much work to do.
- The work environment is not very good.
- There are no opportunities to advance my career.
- My effort is not being recognized.
- I am not getting paid enough.

- What are some common causes of burnout?
- What can be done to prevent burnout?
- How do Japanese companies prevent burnout?

- 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.