

# 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

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## Super Class



Have you suffered from burnout before?

What's wrong with her?



B



A



<b>Mark</b>	Haya, I would like to speak to you about something.
<b>Haya</b>	Sure, Mark. Is there anything wrong?
<b>Mark</b>	I have noticed that you are <b>not your usual self</b> lately. You look worn out and not very happy.
<b>Haya</b>	To be honest, <b>I am feeling completely burnt out.</b>
<b>Mark</b>	What do you think is the cause?
<b>Haya</b>	I have <b>piles of work to do</b> and I am having trouble keeping up. Also, <b>no matter how hard I work</b> , my effort doesn't seem to be recognized.
<b>Mark</b>	I understand how you feel. Can you think of any other reasons?
<b>Haya</b>	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.
<b>Mark</b>	<b>Thanks for opening up to me.</b> I will discuss these issues with the HR department.
<b>Haya</b>	Thanks for listening, Mark.



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.

## Key Phrases

- I would like to speak to you about something.
- I have noticed that you are not your usual self lately.
- What do you think is the cause?.
- Thanks for opening up to me.
- I am feeling completely burnt out.
- No matter how hard I work ....
- I have piles of work to do.
- 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*



Talk about one of the following topics for one minute:

1. Employee burnout in different countries
2. Reducing stress levels
3. Seeing signs of burnout in others

\*Other students in the class, ask one question each to the presenter after the speech

- What are some common causes of burnout?
- How does burnout affect both companies and employees?
- What do you do to prevent burnout?



I have been working all night. I  
am **dead on my feet**.



**have a lot on one's plate** – to be too busy

- I'm sorry, I can't help you right now. I have **a lot on my plate**.

**running on empty** – lacking energy or enthusiasm

- She's been **running on empty** for months now. A vacation will do her good.

**dead on one's feet** – to be exhausted

- I've been working for 16 hours straight. I'm **dead on my feet**.





## 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.