



Beat Burnout

NEW TOOLS TO PREVENT BURNOUT AMONG WOMEN

ABOUT US

What do you think of when a colleague or friend mentions "burnout"?

Probably, the stress experienced in the workplace or the lack of a good work-life balance.

Actually, Burnout Syndrome has a very precise definition.

Sign up for our upcoming newsletters to get more information about mental health issues at the workplace that could lead to burnout, how to prevent it and how to promote wellbeing in a remote/hybrid world!

Are you a woman?

Do you work remotely at least once a week?

If your answer is a resounding yes, take your time to fill in the survey at [this link](#).

Are you willing to share your experience analysing the benefits and challenges of being a woman working remotely?

Write an email to: all@beatburnout.eu to join one of our focus groups!

"Burnout is a syndrome conceptualized as resulting from chronic workplace stress that has not been successfully managed. It is characterized by three dimensions: feelings of energy depletion or exhaustion, increased mental distance from one's job, or feelings of negativism or cynicism related to one's job, and reduced professional efficacy. Burnout refers specifically to phenomena in the occupational context and should not be applied to describe experiences in other areas of life." (World Health Organisation)

In 2019, **WHO redefined Burnout to be recognized as a form of work-induced stress**. In the most recent update to the ICD (International Classification of Diseases), **burnout has been recategorized as a problem associated with employment or unemployment**.

We will have the possibility to discuss this definition and its implication during our focus groups!



RESULTS OF THE PROJECT

To reach its goal, BEAT BURNOUT foreseen the following activities:

1. Identification of challenges that women experience working remote, based on desk research, questionnaires and surveys;
2. Working with managers, HR managers, coaches and leaders to identify challenges that they might experience and providing them with resources to meet the needs of women working remotely, in order to prevent burnout;
3. Creation of a program to train the trainers, addressed to managers, HR managers, leaders and coaches, based on the material gathered during previous activities.

These activities will help the consortium to provide guidelines and exercise to managers and HR managers to set an appropriate work pace using specific tools and skills.

Our main aim is to involve women who experience remote working on different levels as well as HR managers, coaches, leaders and managers to foster mental health and wellbeing on workplaces.

BEAT BURNOUT project focuses on the condition of women working remotely. Recent research states that the lack of a specific plan for carrying out remote work is a cause of stress according to many workers, a condition exacerbated for women as they are often subject to greater responsibilities within the home (care of the family and home).

The aim of the project is to understand what challenges these women are subjected to, so that we can support them, but also provide employers and managers with new tools in order to create a positive mental health culture which will help to prevent and curb the phenomenon of burnout among female employees who work totally or partially remotely.





ABOUT THE PARTNERSHIP

We are a team of **8 partners**, coming from different European countries.

Our diverse culture and experience, as well as dissimilar legislative background for what concern the regulation of remote work, allow us to approach the core of the issue from unique point of views making all the activities a new opportunity for learning.

Our fields of expertise cover a wide range: non-formal education, training, HR management, consultancy, supporting professionals and network, coaching, development of entrepreneurial skills, just to mention some of them.

If you want to be involved in our project and stay updated with next activities, visit our website:

[BEATBURNOUT.EU](https://beatburnout.eu)

or email us at:

all@beatburnout.eu

WHO WE ARE

CSES - Center för Socialt Entreprenörskap Sverige (Sweden)

I&F - Instruction and Formation (Ireland)

Smart Umbrella (Greece)

PRISM Impresa Sociale S.r.l. (Italy)

INSTITUT INPRO (the Czech Republic)

Forum para la Educación y el Desarrollo (Spain)

Die Berater (Austria)

Orange Hill (Poland)



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