

# BEAT BURNOUT: SELF-ASSESSMENT



## TAKE CONTROL OF YOUR WELL-BEING WITH OUR SELF-ASSESSMENT TOOL

Discover the Beat Burnout Self-Assessment Test, a powerful tool designed to empower individuals in the remote and hybrid work environment. This assessment offers a comprehensive view of your work-life balance and well-being, highlighting potential challenges and areas for improvement.



The test is available in Swedish, Greek, Czech, Spanish, Italian, Polish and German languages.

If you have any questions or concerns about the self-assessment test, don't hesitate to contact us at [all@beatburnout.eu](mailto:all@beatburnout.eu)

>>>[SELF-ASSESSMENT TEST](#)



# EXPLORING THE DIMENSIONS OF THE BEAT BURNOUT SELF-ASSESSMENT TEST

The Beat Burnout Self-Assessment Test provides a comprehensive exploration of **5 dimensions crucial** for maintaining well-being and prevent burnout, with a focus on women working remotely:



1. **Social Dimension:** Focuses on fostering positive relationships, feedback mechanisms, and a supportive environment conducive to collaboration and development.
2. **Personal Dimension:** Prioritizes self-awareness, intrinsic motivations, and self-care practices to address feelings of loneliness and isolation and maintain a healthy work-life balance.
3. **Cultural Dimension:** Examines communication within the team, organizational culture, trust dynamics, and leadership support to foster a positive work culture and prevent burnout.
4. **Planning Dimension:** Enhances time management skills, work-life balance, and remote workday structure to optimize workflow and productivity.
5. **Practical Dimension:** Ensures adequate equipment, ergonomic workspace setup, and balancing workload with sick leave or caregiving responsibilities for a comfortable and productive remote work experience.

## BEAT BURNOUT SELF-ASSESSMENT TEST

Based on our extensive research involving **283 women across eight European countries**, the Beat Burnout Self-Assessment Test provides a perspective on the experiences of remote workers. By completing this assessment, you gain valuable insights from your own perspective, enabling you to identify areas where support is needed and take proactive steps to improve your well-being.

As an employer, this tool also offers a valuable opportunity to gain insight from your employees' perspectives. By encouraging your team members to take the assessment, you can better understand their challenges and concerns, fostering a supportive work environment that promotes health and productivity.



The test contains 45 statements and usually takes about 10-15 minutes to complete.

### WHAT'S NEXT?

#### 1. **Manager's Checklist:**

*designed to help managers assess employee well-being and leadership styles' impact.*

#### 1. **Train the trainer**

**programme:** blended-learning and flipped classroom approaches as well as the new emotional needs of managers and coaches will be introduced in order to enhance their professional development.

#### 1. **International Online Event:**

*to share learnings from the course and to create an international network of leaders/managers/HR managers a cross Europe who support the importance of mental well-being at work.*

Get Involved! Reach out to us at **[all@beatburnout.eu](mailto:all@beatburnout.eu)** to participate in our initiatives or learn more about supporting the Beat Burnout project.

IF YOU WANT TO GET INVOLVED IN OUR PROJECT AND STAY UPDATED ON OUR NEXT ACTIVITIES, VISIT OUR WEBSITE: [BEATBURNOUT.EU](https://beatburnout.eu)



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