

BEAT BURNOUT: CHECKLIST FOR MANAGERS AND TEAM LEADERS



BECOME A MANAGER WHO PRIORITIZES EMPLOYEES WELL-BEING



The Beat Burnout checklist serves as a guide and support for managers and team leaders navigating remote and hybrid work dynamics. It dives into essential insights on fostering employee well-being and refining new leadership approaches.





The Beat Burnout Checklist covers five key dimensions: social, personal, cultural, planning, practical.

Completing the checklist should take approximately **10 minutes**.

After identifying the challenges through the Beat Burnout Checklist, you can now take actionable steps to foster a healthy work environment.

BEAT BURNOUT LEARNING MODULES

The 15 learning modules of the Beat Burnout project are specifically crafted to help you tackle and overcome challenges in your work environment, fostering a supportive and productive remote work experience for everyone.

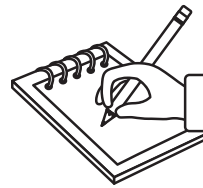
The training covers:
Coaching Techniques, Emotional Intelligence Tools, Practical Exercises.

>>> **LEARNING MODULES**



CHECK OUT ALL OUR RESOURCES

Report: 15 identified difficulties for women working remotely



Self-exploration workbook

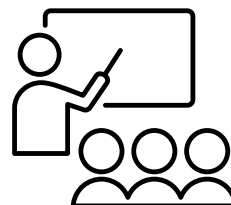
Report: 15 identified difficulties for leaders and managers



Checklist for managers



Training guide



Train the trainer programme

♂♀ Beat Burnout



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