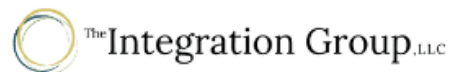


# Boundaries Before Burnout® Tools to Empower Yourself & Your Teams

Presented by Woodrie Burich



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# *Rivers of Work*

www.workboundaries.com



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# Work is Unending How you Engage with it Matters.



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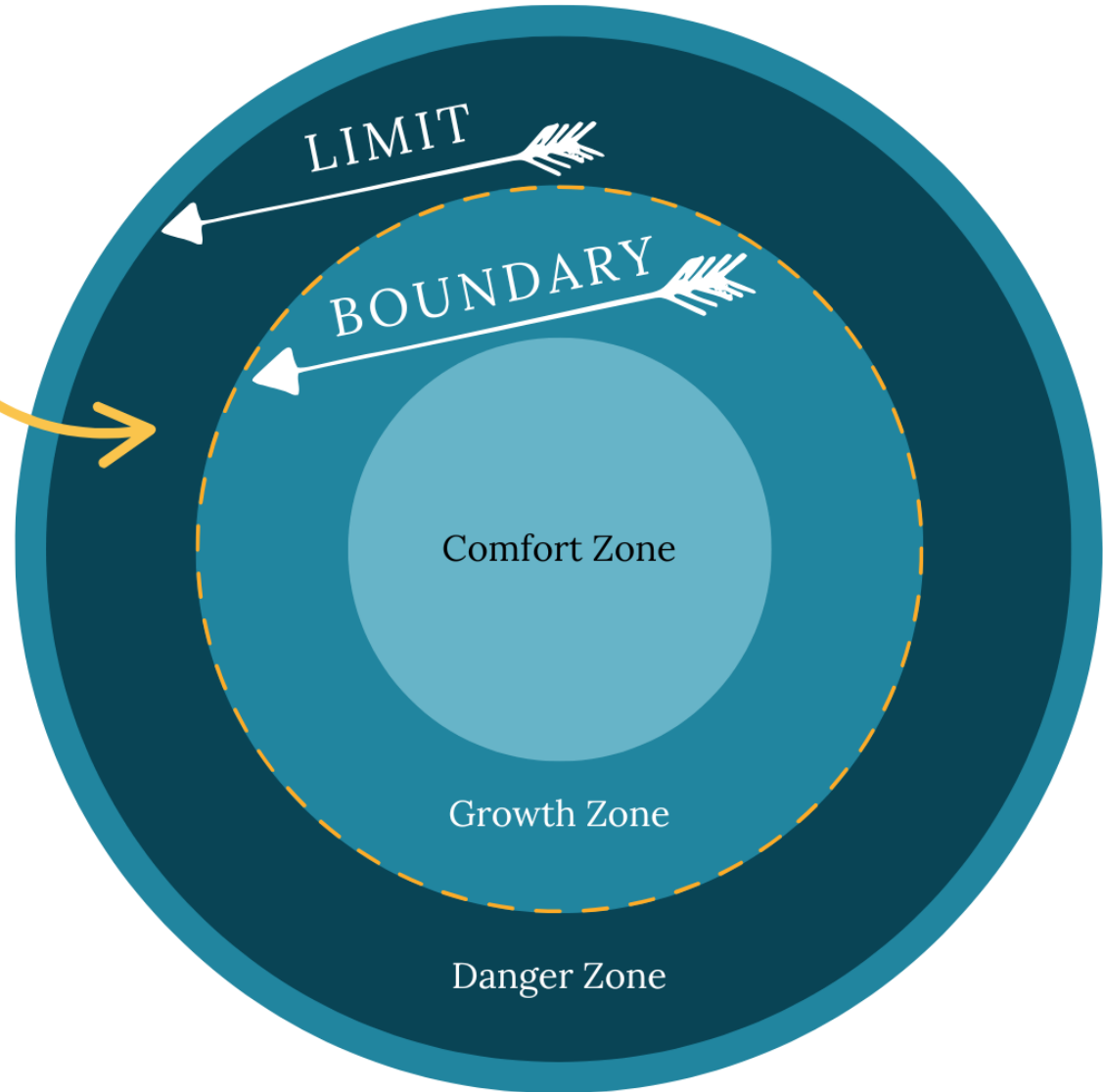


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**MAKE  
SPACE**

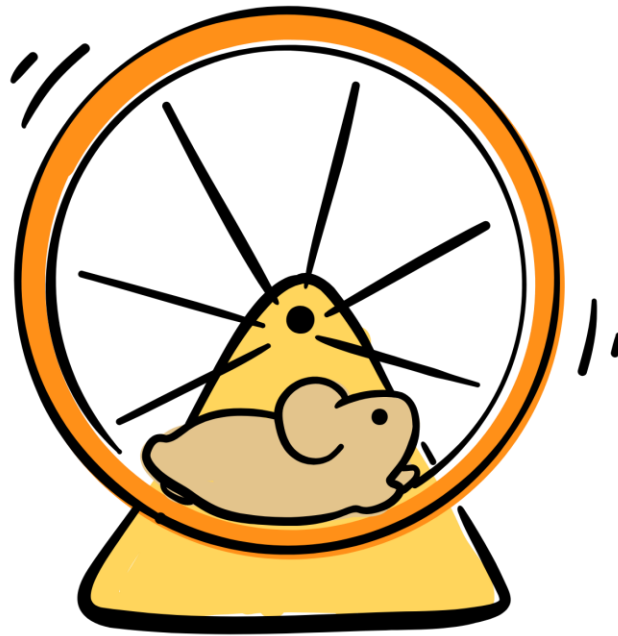
**SPACE  
CREATES  
CHOICE**



- DECISIONS
- STRATEGY
- PLANNING
- INNOVATION
- COMMUNICATION
- NAVIGATING  
CONFLICT
- SAFETY
- PROBLEM SOLVING
- RISK MANAGEMENT

# How & Why We Get Stuck

Self Agency, Work Structures & The Wheel



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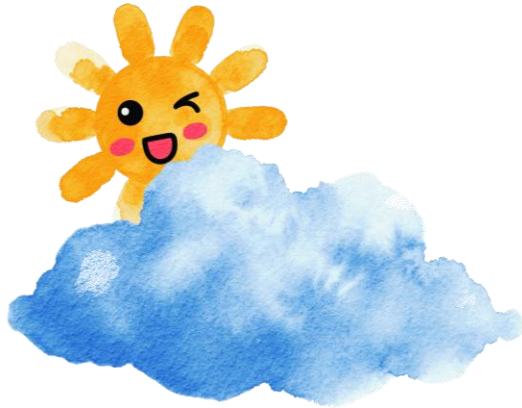


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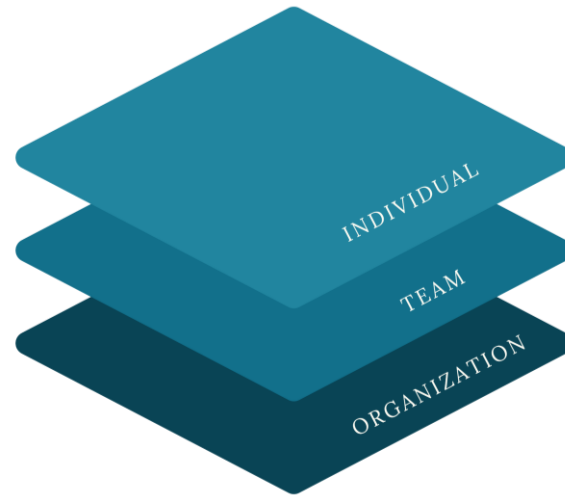
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# The Solution

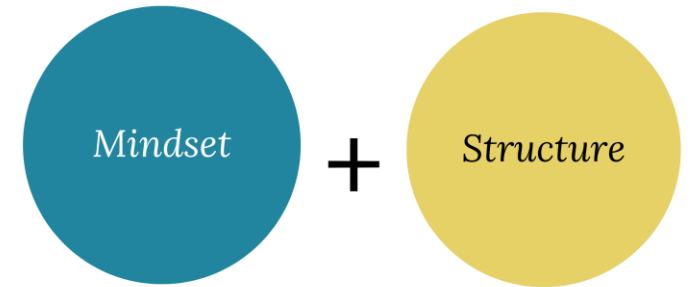
Commit to Change

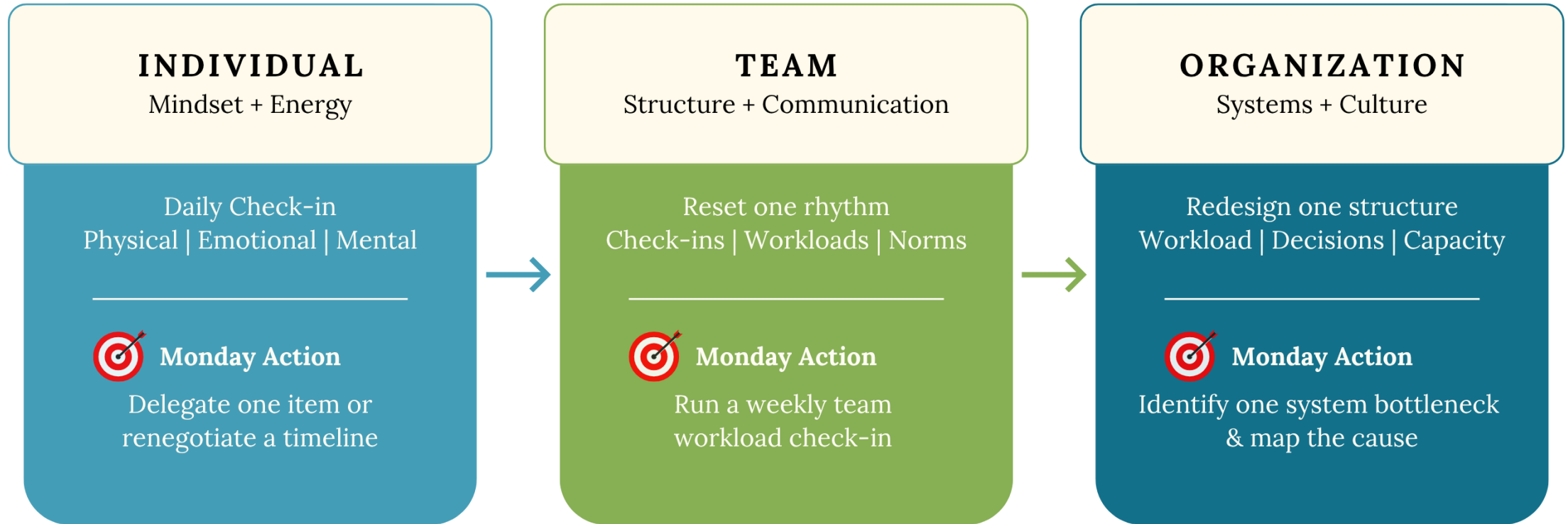


A Multi-Layered Solution



Mindset + Structure



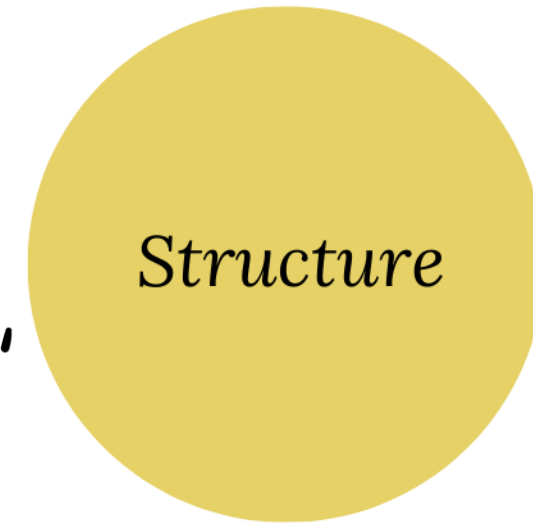
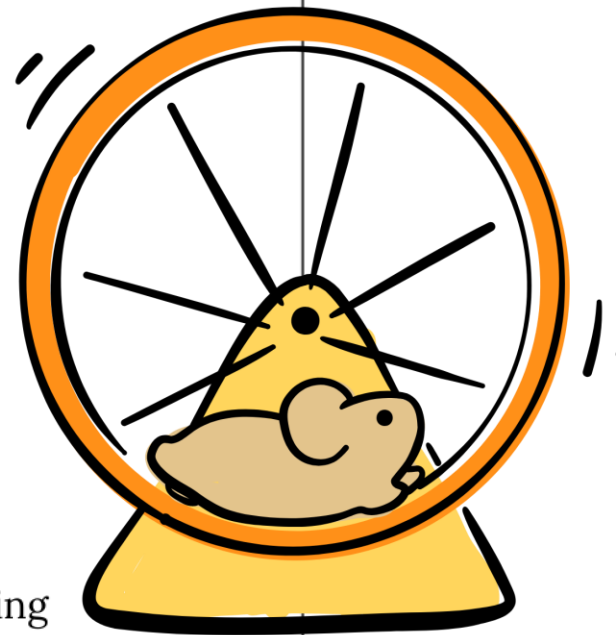


download here!

# IMPLEMENTATION - METHOD & APPROACH

FACILITATION/COACHING

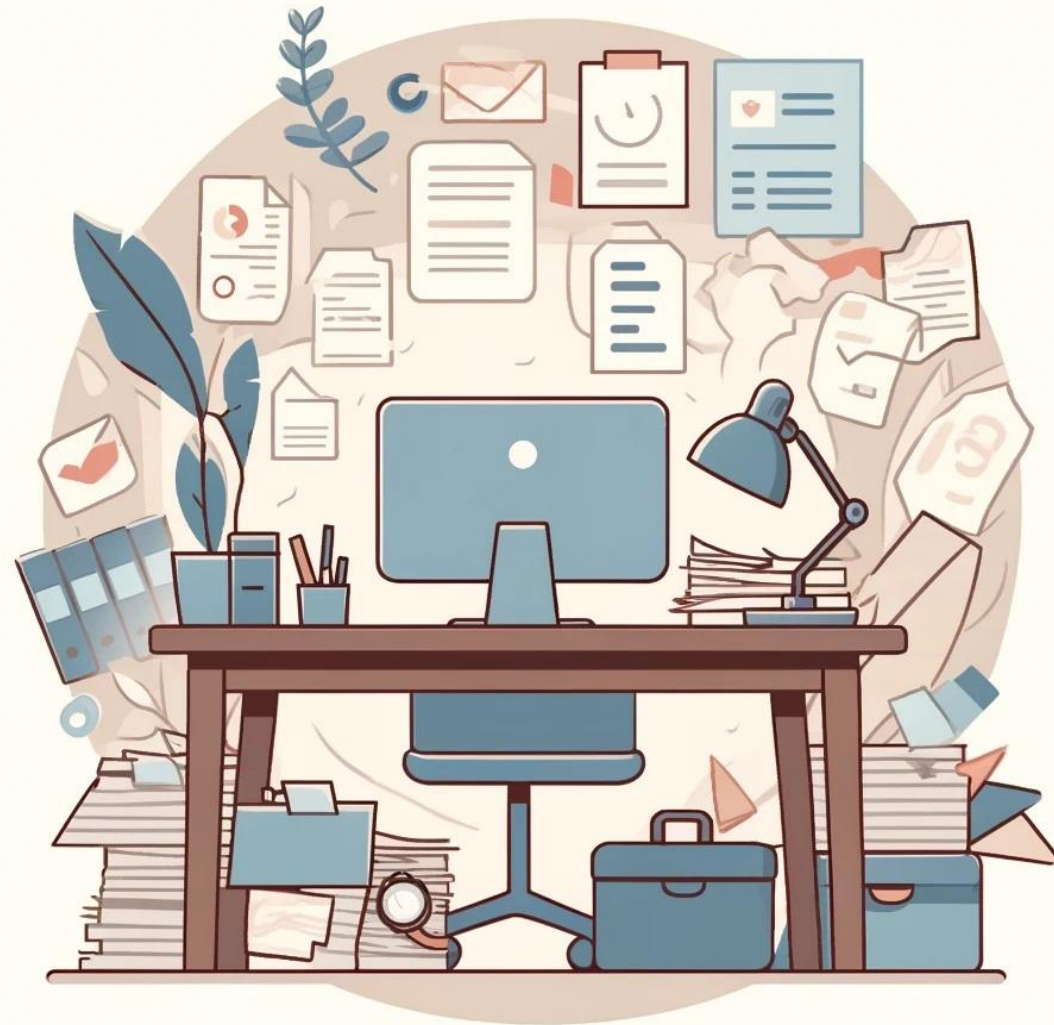
CHANGE MANAGEMENT



Individual	Education & Training
Team	Permission & Performance
Culture	Modeling

Individual	Workload Allocation
Team	Strategic Space & Creativity
Culture	Peaks & Valleys

Burnout. Overwork. Overwhelm.  
It's NOT an Individual Problem.



# Burnout. Overwork. Overwhelm. It's NOT a Wellness Problem.



# Burnout. Overwork. Overwhelm. It's a Business Problem.



# Awareness Builder

## Group Exercise

- **Part #1: What are the Biggest Obstacles to creating Manageable Workloads & Sustainable Success?**

Personal | Team | Organization | Bonus: Industry

- **Part #2: What are the Opportunity Costs to not having Manageable Workloads or Sustainable Success?**

Personal | Team | Organization | Bonus: Industry



Practical  
Tools  
-  
Immediate  
Relief

# Individual Tools

## Daily Check-In Tool

- ✓ Ongoing Assessments
- ✓ Consistent Over Time
- ✓ Reality Based
- ✓ Action Oriented

How do I feel...

Physically?

Emotionally?

Mentally?

How can I support...



# Individual Tools

## 3 Daily Disciplines



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# Team Tools

## 2 Steps for Stronger Teams

1

**Name the Load**

2

**Protect Deep Work**

# Steps for Stronger Teams

## How to Foster It



### Name the Load

#### **Name the Load**

- Create visibility into capacity across roles.
- Know workflows & possible imbalanced workloads.
- Use red-yellow-green “load checks” in team huddles.

*What to say: “Where are you today - green, yellow, or red?”*

*Why it works: Stops silent burnout, enables rebalancing.*



# Steps for Stronger Teams

## How to Foster It



### Protect Deep Work

#### **Protect Deep Work**

- Set meeting-free hours weekly to let team members focus on key tasks without constant interruption.

*What to say: “When are your 60-minute blocks this week where no one can touch you?”*

*Why it works: Interruptions kill quality. Focus equals fewer mistakes.*



# Steps for Stronger Teams

## How to Foster It



### Protect Deep Work

#### **Protect Deep Work**

- Set meeting-free hours weekly to let team members focus on key tasks without constant interruption.

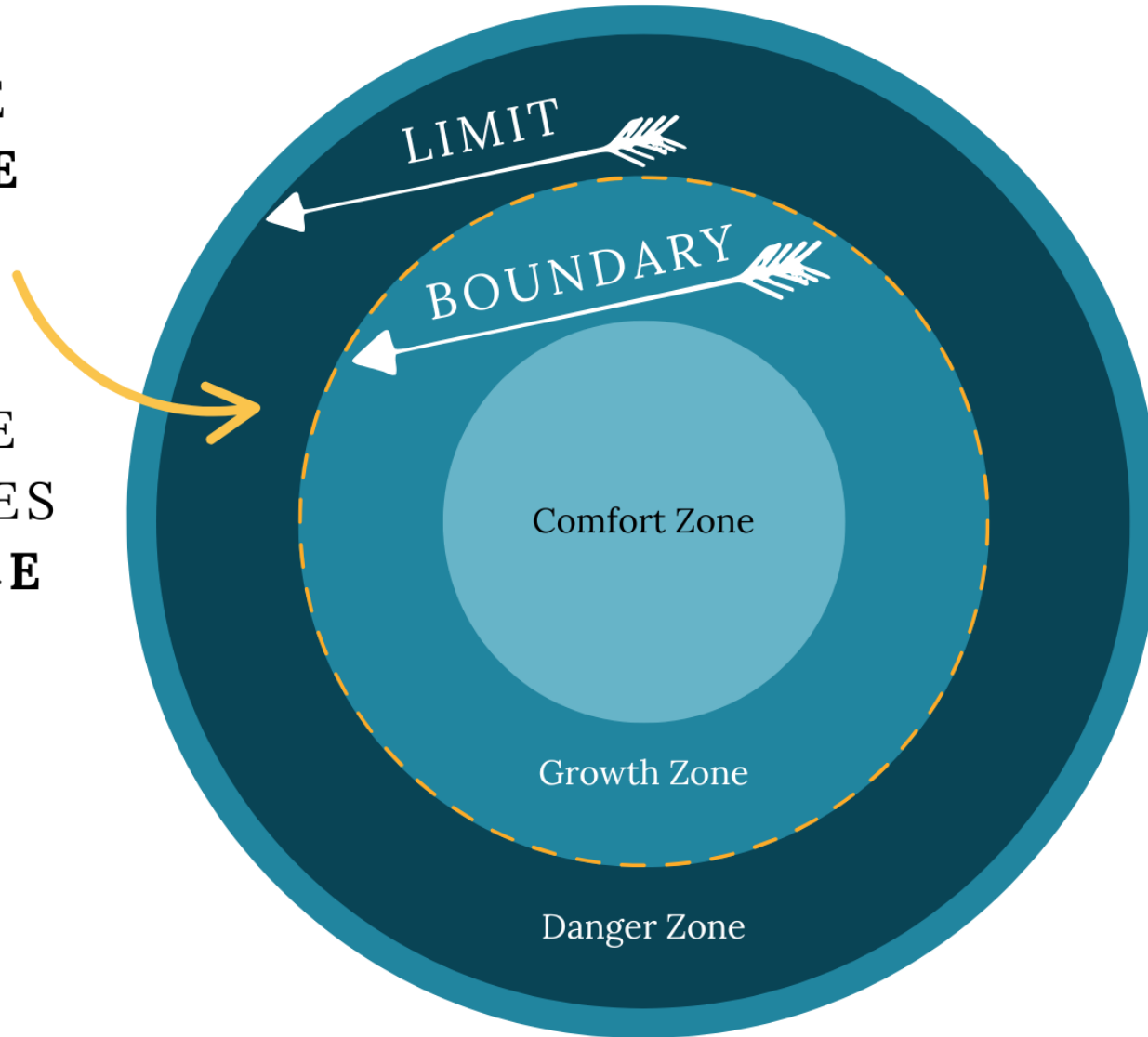
*What to say: “When are your 60-minute blocks this week where no one can touch you?”*

*Why it works: Interruptions kill quality. Focus equals fewer mistakes.*



**MAKE  
SPACE**

**SPACE  
CREATES  
CHOICE**



DECISIONS

STRATEGY

PLANNING

INNOVATION

COMMUNICATION

NAVIGATING  
CONFLICT

SAFETY

PROBLEM SOLVING

RISK MANAGEMENT



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**<https://tinyurl.com/y9rmm82z>**



#### **Our Services**

- Team & Individual Coaching
- Live & Virtual Trainings
- Events, Workshops & Conferences

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