## Service Delivery Burnout

- Burnout is an occupational hazard for consultants
- Prolonged effort without respite typically leads to Burnout
  - Serving Others
  - Lack of Recognition
  - Lack of Results
- Which is why it is often suffered by Service employees.
- Burnout however, can also be a cycle that is repeated because we are passionate about our craft and commit ourselves to working hard at it.

It is nobodies fault that Burnout occurs. It is a shared fault if nobody cares.

## **The Burnout Cycle**

## **Energized**

Consultant is sharp and energized

#### Escape

Either deliberately or accidentally, an opportunity presents itself to escape.

#### Discontent

Fatigue become discontentment and anything seems better than the status quo.

#### **Committed**

Consultant is committed to the work required to achieve long term results

Respite Variety

Achievement Recognition

### **Fatigued**

Signs of tiredness or apathy begin to show

## Manager - Employee Burnout Management

#### 1:1 Reviews

- **DO NOT** allow a consultant to go 1 month without a than more conversation about their current status and future growth
- Record Information This is important stuff!
  - Career Development Plan
  - Work Commitments
- 1:1 Template

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OK. for now

- 5 Year Career Vision
- 12 Month Career Goal
- Next Best Step

9-8

Good

- **Engagement Score**
- What's needed to get +1

# >6

ALERT!! HELP!

## **Inspect & Respect**

- Your person attention and guidance is an incredible retention tool
- What you inspect sets the priority
  - **Project Dynamics**
  - Work Product / Customer Feedback
- Give clear guidance on what you expect
- Ask others for feedback on the individual's work product and skills
- Take Action:
  - Give Recognition
  - Give Feedback
  - Guide the Improvement  $\bigcirc$

### **Skill & Career Development**

- The issue with ongoing development is not the identification of the need. but the actual follow through.
- Managers must take the time to help them make the time
- If they feel as though the company's for revenue is never less need important than their need development, they will leave.
- Help them identify their target chargability rate that would account for their monthly or quarterly training.

Eg: If 8 hours of training is desired in a month and the target chargability is 75% then we can reverse engineer the desired chargability that would allow for the training.

Instead of targeting to reach 132 billable hours of 176 we can target a run rate of 132 hours from 168 (78.6%)