

Five Questions Every Organization Should Be Asking to Measure Employee Burnout

Employee burnout is most frequently the result of an excessive workload with no end in sight. It can also be an outcome of stressful experiences dealing with impatient customers, abrasive bosses, or a threat to one's health and safety.

What to Ask:

Work-Life Balance:

This organization encourages a healthy balance between work and personal life.

Wellbeing:

My health and wellbeing are a top priority for this organization.

Workload:

The amount of work I am expected to do is reasonable.

Stress:

The level of stress in my job is manageable.

Safety:

Adequate measures are taken to ensure employee safety.