



ERICSA

On the Road Again

A
VIRTUAL
ROAD
TRIP

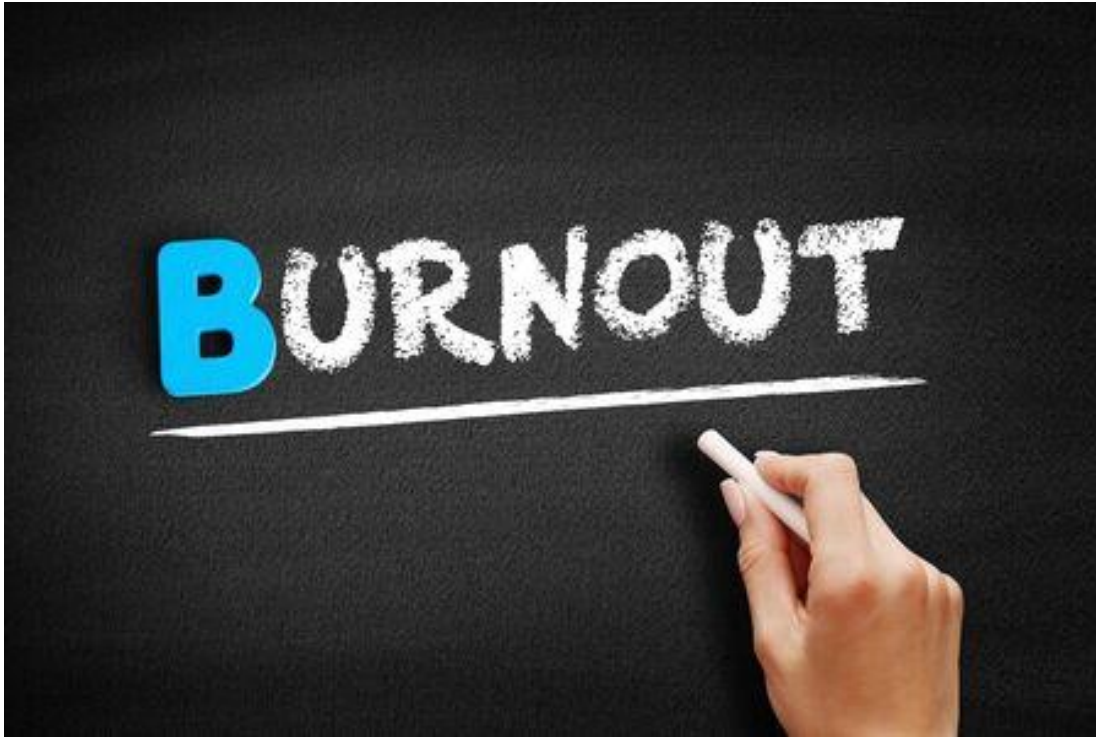
MAY 24 – 26, 2021

How Managers and Supervisors Can Bounce Back from Burnout

Get Your Groove On...



Burnout



Define Burnout

Cost of Burnout



TELL YOURSELF THE TRUTH

BE ASSERTIVE

FIGURE OUT WHAT MAKES YOU HAPPY

IDENTIFY ENERGY VAMPIRES

PARTICIPATE IN THE WORLD AT LARGE

TAKE TIME FOR
yourself



Tell Yourself the Truth



Self Awareness

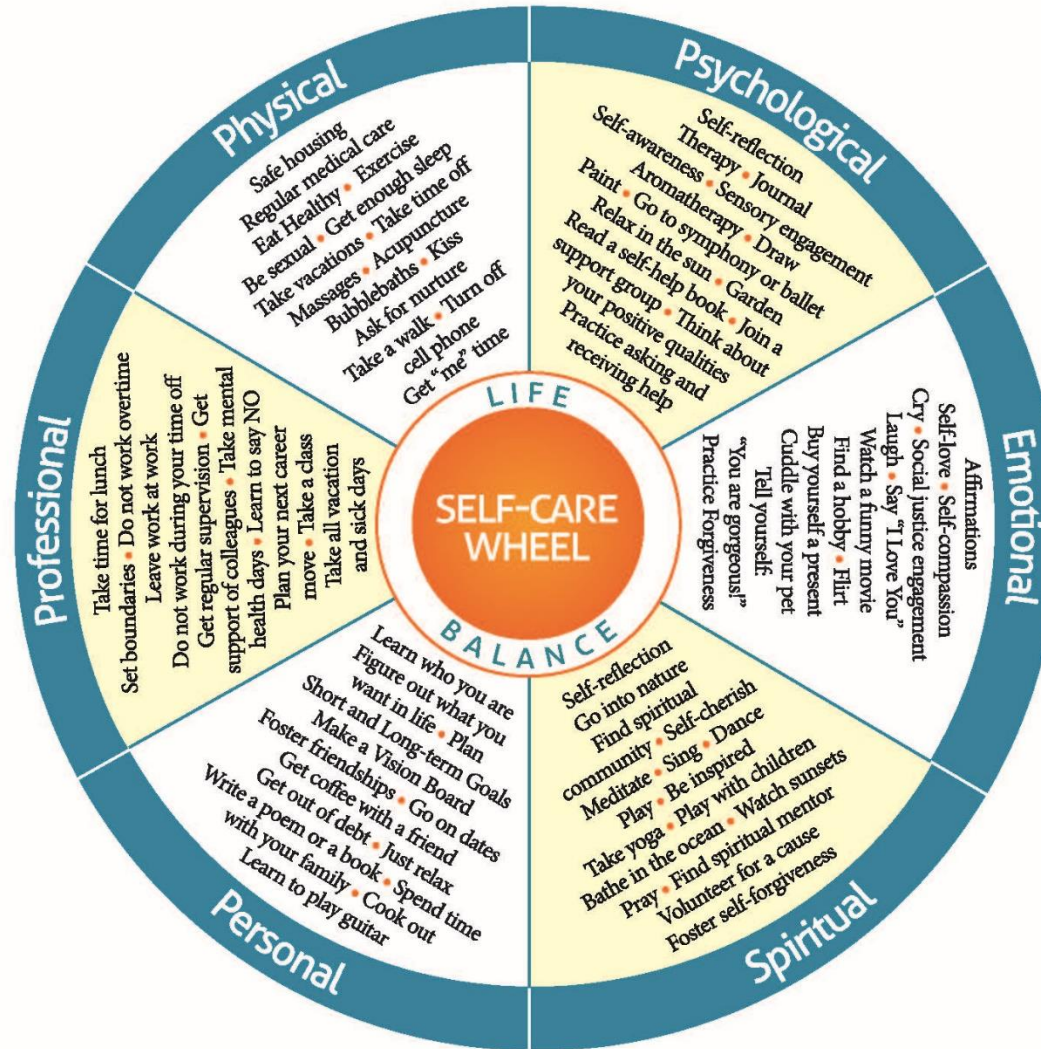
Self-Care Wheel

All About Me Template



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SELF-CARE WHEEL



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This Self-Care Wheel was inspired by and adapted from "Self-Care Assessment Worksheet" from Transforming the Pain: A Workbook on Vicarious Traumatization by Saakvitne, Pearlman & Staff of TSI/CAAP (Norton, 1996). Created by Olga Phoenix Project: Healing for Social Change (2013). Dedicated to all trauma professionals worldwide. www.OlgaPhoenix.com

All About Me . . .

Personal Mission Statement

My Style:

- Personality Type
- Strengths (Gallup)
- Communication Style

What I Value

ALL ABOUT ME



[Insert Name]

My Mission/Motto/Mantra: XX

My Style

[Insert personality Type]

StrengthsFinder Top 5 Themes

- XX
- XX
- XX
- XX
- XX

[Type of] Communicator

What I Value

- XX
- XX
- XX
- XX



What Makes Me Happy

- XX
- XX
- XX
- XX
- XX

Contact Me

- 📧 XX
- 📞 XX
- 📱 XX
- 👥 XX

Barriers to My Success

- XX
- XX
- XX
- XX
- XX

Interests

[Insert icons related to your interests]

What Makes Me Happy

Contact Me

Barriers to My Success

Interests



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Be Assertive



Communication Style

Assertive Bill of Rights



Assertive Bill of Rights

Express	Express my feelings and opinions appropriately and have them taken seriously by others
Ask	Ask for what I want
Disagree	Disagree with others regardless of their position or numbers
Take	Take the time I need to respond
Say	Say “no” without feeling guilty
Say	Say “I don’t know”
Be	Be treated with respect and not be taken for granted
Feel	Feel all of my emotions (including anger) and express them appropriately

Offer	Offer no reasons or excuses
Ask	Ask questions
Set	Set my own priorities
Make	Make mistakes
Change	Change my mind
Make	Make my own decisions and deal with the consequences
Feel	Feel good about myself, my actions and my life
Exercise	Exercise any and all of these rights, without feeling guilty



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Figure Out What Makes You Happy (at Work)



Relationships

Helping People

Connections



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Identify the Energy Vampires



Why So Negative?

Set Boundaries

Adjust Your Expectations

Stop Yourself



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Participate in the World at Large



Find Your Work-Life Balance

Try Something New

Be Spontaneous



ALL ABOUT ME



Mary Johnson

My Mission: Help others learn and grow

My Style

ISTJ – A – Introverted – Observant – Thinking – Judging

StrengthsFinder Top 5 Themes

- Achiever
- Relator
- Analytical
- Responsibility
- Self-Assurance

Analytical Communicator

What I Value

Integrity

Fairness

Family

Compassion

Fun



What Makes Me Happy

- Tell the truth
- Let me know if you'll miss a deadline
- Listen & be present
- Ask questions if you don't understand
- Think outside the box – INNOVATE
- Use logic & data to persuade me
- Be on time
- Have FUN

Contact Me



FYI – Update – Opinion



Quick Answer – Discussion – Urgent Matters



Time Sensitive – Urgent Matters - FUN



Share Info – Brainstorm – Discussion
Agenda/Minutes – Action Items

Barriers to My Success

- Difficulty saying no
- Overextend myself
- Get stuck in the weeds
- Micromanage
- Try too many things - lose focus

Interests



ALL ABOUT ME



Jonell Sullivan

My Mission/Motto/Mantra: Lead Arizona DCSS to understand and implement procedural justice principles into all case management

My Style

Consul personality type

StrengthsFinder Top 5 Themes

- Strong Practical Skills
- Strong Sense of Duty
- Loyal
- Sensitive and Warm
- Good at connecting with others

Functional Communicator

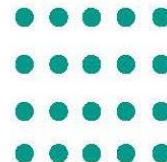
What I Value

Family

Giving

Reputation

Fun



What Makes Me Happy

- Hearing from my team
- Honesty
- Laughter
- Be on Time
- Fun
- Innovative

Contact Me



FYI- Updates-opinions



Quick Answers- Urgent - Discussions



Time Sensitive – Urgent - Fun



Share information – brainstorm-metrics-
action items- group discussions

Barriers to My Success

- Jonell Sullivan
- Overextended
- Getting stuck in the weeds
- Micromanager
- Time

Interests



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ALL ABOUT ME



kew

My Mission/Motto/Mantra:

- The first rule of communication is that it doesn't work.
- People need to hear things 11 times before they remember.
- You're exactly where you are supposed to be.

My Style

Protagonist

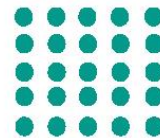
StrengthsFinder Top 5 Themes

- Tolerant
- Reliable
- Charismatic
- Altruistic
- Natural Leader

Personal Communicator

What I Value

Open mindedness
Advocacy
Accountability
Creativity
Kindness



What Makes Me Happy

- Creative problem solving
- Collaborating
- Teaching
- Letting me know you'll miss a deadline
- Being "On the Same Page"
- Honesty
- Initiative
- Transparency
- Feeling of community

Contact Me



FYI-Updates-Opinions



Quick Answer – Urgent - Discussions



Time Sensitive – Urgent – Confidential – Fun



Share info – Brainstorm – Group Discussion - Agenda/Minutes – Action Items

Barriers to My Success

- Too many choices
- Living up to my ideals
- Trying to fix things I can't fix
- Spreading myself too thin
- Avoiding conflict

Interests



Contact Us



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