

BURNOUT IGNITER ASSESSMENT

Use this assessment to reflect and align on which of the five burnout igniters are most prevalent in your workplace. Consider how positively or negatively your team performs on each. After completing the assessment reflect on your answers using the prompts below.

ASSESSMENT:

Our team practices healthy **interpersonal dynamics**, including respect and inclusion among leaders and/or peers, that translates into a culture of teamwork, trust, and protection.

STRONGLY NEGATIVE  **STRONGLY POSITIVE**

Our team establishes clear and reasonable **job expectations** that foster a culture of ownership and collaboration.

STRONGLY NEGATIVE  **STRONGLY POSITIVE**

Our team enables individuals to take agency to **identify and solve problems** that are barriers for the staff and/or customers.

STRONGLY NEGATIVE  **STRONGLY POSITIVE**

Individuals on our team receive **recognition and are rewarded** for their work and the culture is one of respect and appreciation for everyone.

STRONGLY NEGATIVE  **STRONGLY POSITIVE**

Our team's work maintains a healthy **balance between chaos and monotony** and resources are aligned to support the workflow.

STRONGLY NEGATIVE  **STRONGLY POSITIVE**

REFLECTION:

If you had to choose one burnout igniter to focus on to improve your performance as a team, what would you choose? Why?

Can you share a situation that influenced your rating of the team's performance on that burnout igniter?

INTERESTED?

To learn more and get the process started, please contact Ramsey Ford, director of TiER1 Performance Institute.

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