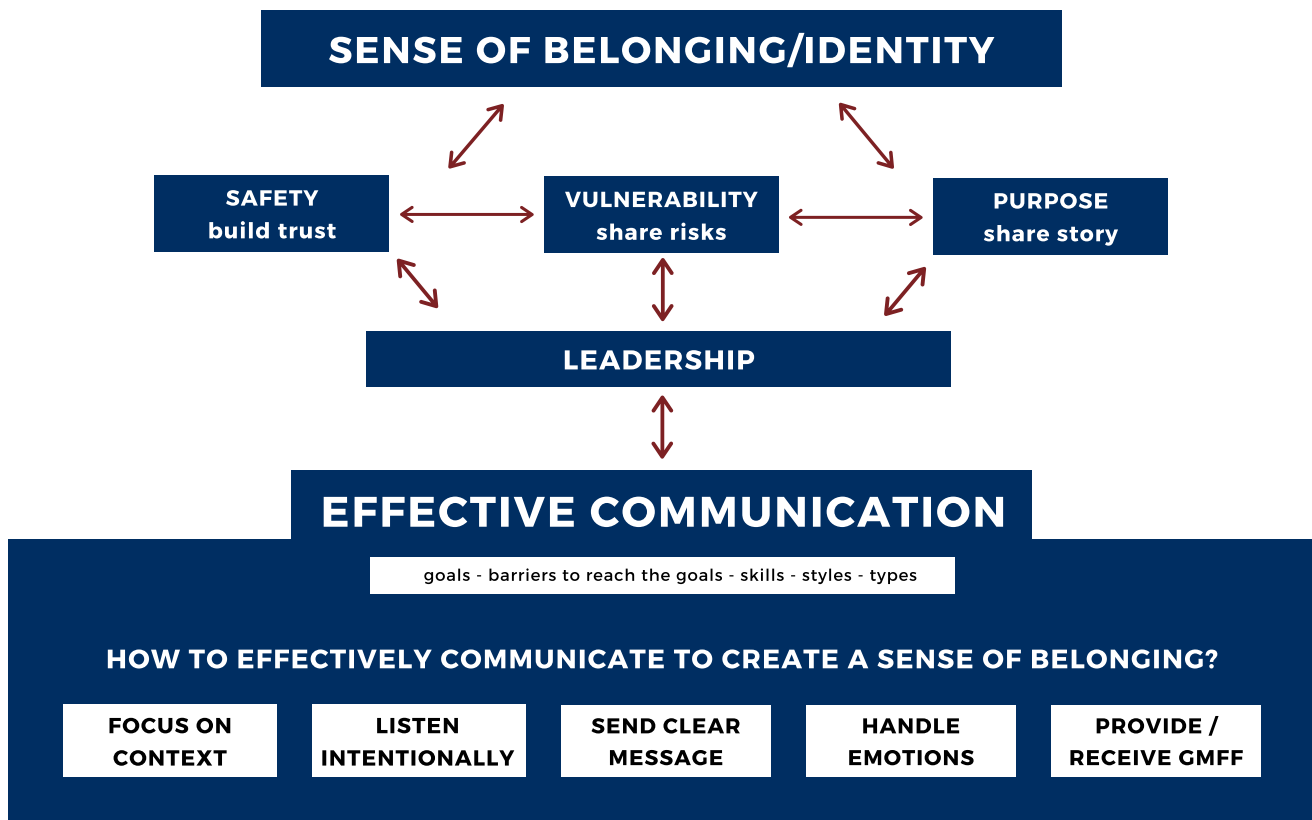


COLLECTIVE BURNOUT PREVENTION



Delivered by: **AEE Mental Performance**

What communication entails is important to understanding what we are looking to convey within our intentional communication and what obstacles stand in the way of achieving that purpose. Why communication is important is critical to understanding what we are achieving when we intentionally communicate effectively. As we dive into the “how,” we want to maintain a level of awareness that allows us to effectively adjust/modify our communication to meet the needs of those we communicate with regularly as well as meet the intended goal of the communication (**creating a sense of belonging**). We will dig into how to improve our communication and connect the dots on how to build trust, safety, solidarity, collaboration, purpose, and vulnerability. As we explore these aspects, think about where and how you can improve upon your own communication. Let's dig in...



QUESTIONS TO CONSIDER

- How effective do you think you have been at contributing to creating a sense of belonging within the organization?
- How do you think effective communication mitigates attribution bias?
- What are some areas in your personal and professional lives where you can improve your communication?
- What areas within your communication do you feel you need to improve?
- How does consistently communicating effectively help prevent burnout?

If you haven't done so, please take the assessment on **COMMUNICATION SKILLS & COMMUNICATION STYLES** quiz that is attached in this week email.

