

July 10th, 2023 | Webinar

Strategically preventing and managing team burnout

Abstract

According to the World Health Organization, burnout syndrome is a result of chronic workplace stress that has not been successfully managed. Healthcare providers suffer from burnout at an alarming rate. Healthcare providers who suffer from burnout may deliver less than satisfactory patient care due to their overwhelming stress level.

An organization's culture is key to the wellbeing of the team as well as the clients that are serviced. A positive work culture supports and encourages workers, which in turn protects their overall wellbeing. Every team member wants to feel heard, valued, and appreciated. Workers are now looking for organizations that will align with these needs. The whole team is responsible for the culture of an organization. The decision makers are however ultimately responsible for making sure all are actively participating in making the work cultures a positive one.

This interactive discussion will provide an overview on how to identify burnout and successfully implement strategies to prevent, manage, and overcome the damaging effects within yourself and your team!

Biography

Kari Carter-Cherelus RDH, DA, has been passionately advocating for others for more than 24 years. As a clinician, speaker, author, consultant, writer, and a coach, she helps to empower individuals and organizations through her relatable content. She inspires her colleagues by discussing how she overcame burnout and overwhelm.

Kari knows firsthand how working in a hostile work environment can contribute to the feeling of burnout, negatively affecting ones overall health and confidence. She authored the book *The Ultimate Guide for Dental Hygienist Burnout* to serve as a guide to help dental hygienists in all stages of their career.



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