



# Manager Alumni Follow Up

## Module 3 - Scenic Route 2



- **Manage worker burnout**
  - Burnout has an impact on both productivity and safety
  - Some people are more susceptible to burnout
  - Understand how to support your employees to prevent burnout
  - <https://bit.ly/2ViQNH8>
- **Productivity skills to gain time back**
  - Ideas for how to use your time wisely
  - <https://bit.ly/2xwm7sJ>
- **Our adrenaline can't 'outpace' COVID-19, but Brené Brown offers 3 tips to better cope**
  - Author and podcast host Brené Brown talks to Matt Galloway about how we'll need more than adrenaline to cope in the COVID-19 pandemic, and how accepting our own vulnerability can make us stronger. 15:40
  - <https://bit.ly/3ecELX2>
- **Energy not effort powers performance**
  - Slippage in performance can be a natural occurrence, however there are reasons this happens
  - Check to see if this is happening with your team or your family
  - <https://bit.ly/3b9BAxf>