

Compliance Today – January 2018 Battling employee burnout

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In addition to managing a complex ethics and compliance program, many compliance officers may also be faced with staff burnout, which can negatively impact the timely completion of projects. What is burnout, and what can we do as leaders to help our staff maintain a healthy balance between work and personal lives?

Merriam-Webster defines *burnout* as “exhaustion of physical or emotional strength or motivation usually as a result of prolonged stress or frustration.” We all know that our profession is complex, fast moving, stress producing, and work intensive. It is hard to manage daily workloads when issues arise that must be dealt with immediately. So what can we do?

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