

Signs of Burnout, Fatigue

You create weird excuses for not showing up for work. One day you are sick. The next day, your rabbit is depressed

You get physically tired very easily
Things that once brought you pleasure, no longer lift your spirits

You feel angry when you see other people smiling and laughing

You dread the mornings

You constantly feel irritable, restless, and angry

Your paycheck no longer brings in the happiness that it once did

KEYNOTE SPEAKING

CONSULTING



WEBINARS

Low-Cost Tools to Handling Disengagement

Rather than spending money on a training workshop to boost a disengaged employee, send them a link to an inspirational speaker.

Rather than buying new software programs to boost productivity, send the employee to a weekend retreat at a nearby monastery for rejuvenation

Rather than starting the paperwork to fire an employee, actively listen

STAFF RETREATS

About Preethi

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STAFF TRAINING

6 Tips to Rising Above Toxic Employees

1 Toxic people like to dwell on the problem. When you offer them a solution, they may not seem that interested. When this happens, set limits. Establish boundaries- for *your* sake.

2 Try to understand "where" the person's toxic behavior is coming from

3 Study the patterns of toxic people. Their behavior is repetitive, not creative

4 Start re-building damaged trust

5 Allow toxic people to take responsibility for their actions. This might be the greatest gift you can give them.

6 If you have been keeping your mouth shut for too long, then it may be time to speak up. Let them know you are no longer buying it. Speak up