

# Hannah Beko

Lawyer, Trainer, Coach,  
Speaker & Author

## Burnout Risk Assessment

For each statement below rate from 1 to 5 where 1 represents "strongly disagree" and 5 represents "strongly agree." Be honest with yourself and think about how things really are, not how you'd like them to be (that comes later).



- 1. I often feel emotionally drained and exhausted at the end of the workday.
- 2. I frequently experience physical symptoms such as headaches, stomachaches, or muscle tension.
- 3. I find it hard to disconnect and frequently think about work during my evenings, weekends or holidays.
- 4. I often feel overwhelmed by my workload and the various responsibilities I have.
- 5. I frequently experience difficulty concentrating or making decisions due to mental fatigue.
- 6. I worry about a decline in the quality of my work or productivity.
- 7. I have difficulty sleeping, experience insomnia and/or wake in the middle of the night overthinking things.
- 8. I've been neglecting my personal interests, hobbies, or relationships due to work demands.
- 9. I often feel irritable, impatient, or frustrated with clients, colleagues, or staff.
- 10. I have noticed a decreased sense of satisfaction or fulfilment in my work compared to when I started out.

### Things to take away from this assessment:

- This assessment might feel uncomfortable, but realisation is always half the battle.
- Please don't judge yourself or your emotions, these feelings are quite common.
- Do consider booking a session with me, starting from £650 to evaluate the stage you're at and to create a personalised action plan.

### Scoring:

- Total your scores for each statement.
- If your total score is between 10 and 20, you may have low levels of burnout.
- If your total score is between 21 and 30, you may have moderate levels of burnout.
- If your total score is between 31 and 40, you may have high levels of burnout.
- If your total score is above 40, you may have severe levels of burnout.

### Tips after taking the assessment:

- Notice the statements where you rated yourself with higher scores; where are you experiencing the most challenges?
- Identify specific areas needing attention, such as self-care, workload management, or stress reduction techniques.
- Consider seeking support from friends or colleagues. Can you access support from your firm's Employee Assistance Programme?

If coaching would support you, let's have a chat, this is one of my specialist subjects!  
[Hannah@authenticallyspeaking.co.uk](mailto:Hannah@authenticallyspeaking.co.uk)

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TRANSFORMATIONAL  
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