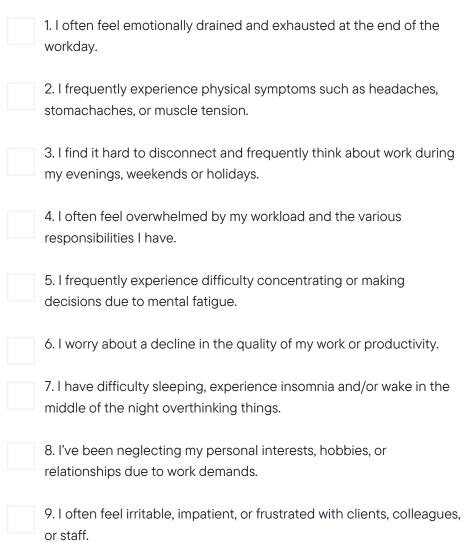
Hannah Beko

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).





Scoring:

Hannah Beko

uthentic

- 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



Things to take away from this assessment:

my work compared to when I started out.

- 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.

10. I have noticed a decreased sense of satisfaction or fulfilment in

• <u>Do consider booking a session with me</u>, starting from £650 to evaluate the stage you're at and to create a personalised action plan.

