



Each chapter includes discussion questions
for individual, coaching, or group use.

Practical ways to extinguish burnout.

Who hasn't suffered at one time or another from exhaustion, cynicism, and a lack of effectiveness? But combine them over time and you're flirting with a disaster of catastrophic magnitude—burnout. Elegantly defined as the depletion of personal agency (the apparatus driving our ability to initiate and execute actions), burnout effectively wipes out our ability to be effective, much less engaged. And the cost of burnout is astronomical in all its forms and phases, including the profound and lasting effects it has on employees and workplace cultures.

Based on extensive research and full of real-world stories and examples, workplace culture experts Rob and Terri Bogue take a deep dive into the signs, sources, and solutions of burnout and deliver an essential resource that helps anyone identify, prevent, and recover from burnout and embark on the journey to thriving.

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About the Authors

Terri Bogue is a clinical nurse specialist. Her nursing career has spanned over 30 years and has focused on keeping children and their families safe and improving interpersonal communications to change outcomes. Terri is an accomplished speaker and author on topics related to communication, patient-centered care, and the impact, prevention, and reduction of healthcare-associated infections. In an engaging and encouraging manner, she shares her knowledge on maintaining appropriate boundaries, both professionally and personally, resolving and de-escalating conflict, and preventing and recovering from burnout.



Robert L. Bogue (MCSE, MSCA) is a community leader and entrepreneur. He has authored 28 books and has served as editor for over 100 additional books. He has received the prestigious Microsoft MVP designation seventeen times. He combines his love for emotional intelligence, communication skills gleaned from working in the IT world and having to talk to others, and his dynamic presentation skills to help change lives one at a time.



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