

The Importance of Self-Care for HR

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Welcome and Intros



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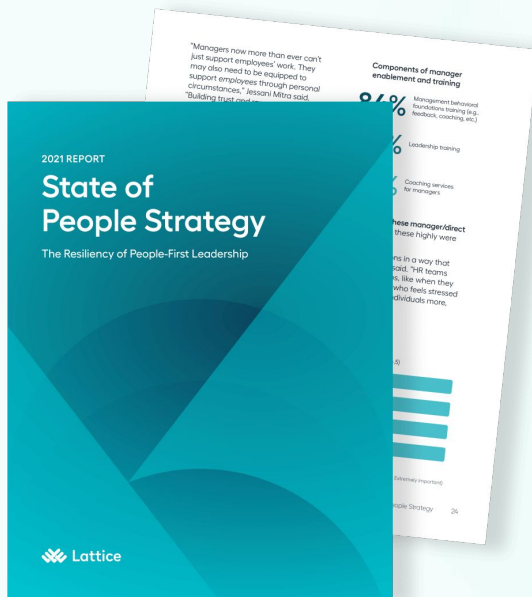
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Today's Agenda

- 1 Welcome & Speakers
- 2 HR's Burnout Crisis
- 3 Panel Discussion
- 4 Key Takeaways
- 5 Q&A

HR's Burnout Crisis

Burnout is one of HR's most pressing challenges.



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Biggest HR Challenges

55%

Sourcing talent

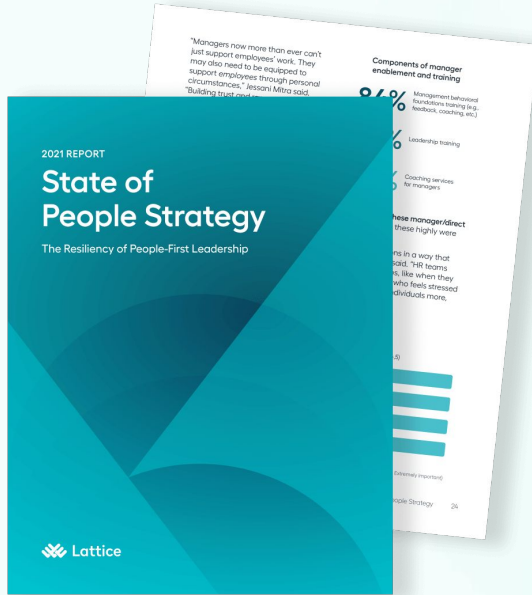
42%

Overwhelming number of projects and responsibilities

42%

Emotional exhaustion / burnout (for either myself or team members)

HR teams are overwhelmed and understaffed.



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What Makes HR Team Exhaustion Challenging

67% Department is overworked
(increased workload / unexpected work)

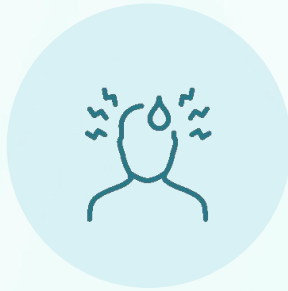
45% The uncertainties of
the pandemic make it
impossible to plan

41% Department is
understaffed

Burnout comes at a personal and professional cost.



Poor Listening



Over-Analysis



Lack of Focus



Strained Relationships

HR burnout and performance are linked.



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Panel Discussion

Key Takeaways

Key Takeaways

- 1 Give yourself permission to take time, rest, and self-reflect.
- 2 In a moment of stress, use exercises to break the moment.
- 3 Seek out coaching and therapy resources in equal measure to combat burnout.
- 4 Connections and community can help you feel less alone.
- 5 Set boundaries early and often through delegation, prioritization, and simply saying “no” more.

Q&A

Special offers from today's guests

Special offer from Calm for HR professionals who attend this webinar:

A free one year subscription to Calm for Business -
business.calm.com/lattice/sign-up

Connect with Julie Turney on LinkedIn for a free introductory coaching session:

www.linkedin.com/in/iamjulieturney/

Poll Question

If you'd like to learn more about
Lattice and **BambooHR**, let us know!

Thank you!