

The top-left portion of the image features a complex, abstract pattern of thin, black, overlapping lines. These lines form various geometric shapes, including triangles, quadrilaterals, and polygons, some of which are nested or intersected by others, creating a sense of depth and movement. The lines are set against a solid, light blue background.

BURNOUT AWARENESS

ABSL FUSION LEADERS 2023





RUDOLF ZVANOVEC
Coach group 1



MEET OUR TEAM



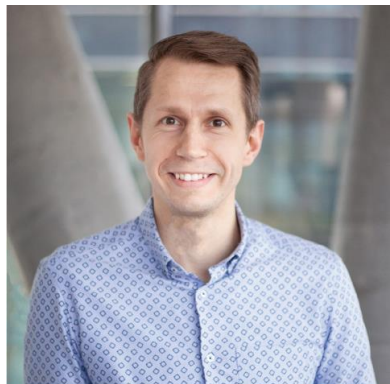
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Lead



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NOELIA RUBIO
Senior Supervisor
Customer Experience



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Senior Team Lead



INTRODUCTION

How are GBS centers supporting the need for burnout awareness and support employees?

Real life experiences

Educate ourselves to support our teams
So far 'tabu' topic in many conversations

Lack of awareness

Raise consciousness about burnout
Support with data research

Financial impact

Prevent losing talented employees
Reduce attrition and maintain knowledge

\$309B
workplace
burnout

\$1 Trillion / year*

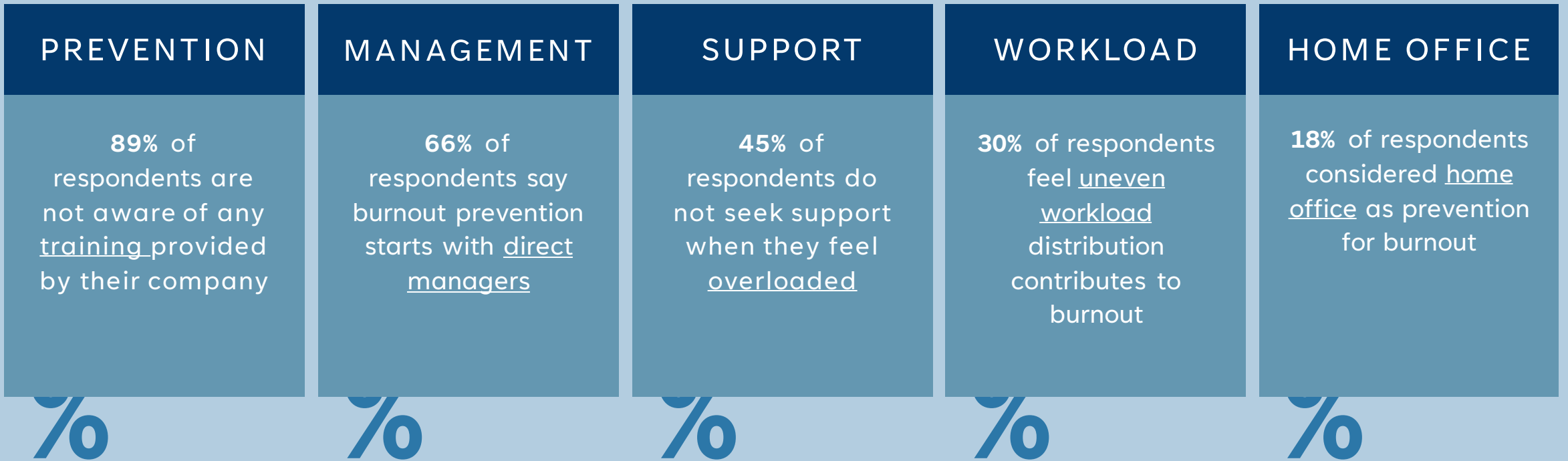
Global economy cost of mental health disorders*

PROJECT AMBITIONS

DATA RESEARCH



KEY FINDINGS



50% OF RESPONDENTS ARE AT RISK OF BURNOUT SYNDROME

Online survey distributed within GBS centres in Czech Republic, June 2023



CONCLUSION

Despite the **high financial impact** there is **low awareness** of burnout, low recognition of the symptoms and insufficient support to reduce the triggers on ourselves and teams

RECOMMENDATIONS





THANK YOU