

Preventing Advisor Burnout

Advisors may burnout for a number of reasons. This checklist identifies factors that can help avoid advisor burnout.

Burnout Risk	Yes	No	Management Strategy
Workload			
There are enough advisors to do the work required			
The quantity of work hasn't increased since the original ask			
Advisors know that it is OK for them to say, "No"			
There is no pressure on advisors to commit to a project			
Advisors can take a break without fear of letting the team down			
Time Commitment			
The time commitment for the work is manageable			
Project timelines and deadlines are realistic			
The time commitment for the work hasn't increased since the original ask			
Advisor Supports			
There are opportunities for advisors to network			
There are opportunities for advisors to learn			
Peer mentors are available to support advisors			
Speak with advisors about the need to take care of themselves			
Check in, at least once per year, with advisors to see how they are doing			

