

Burnout -hr

Business



1. Cases of burnout are common among people who overwork themselves and in some cases they might not be aware of it. In the case of Mahesh, he is likely to be surprised if the news is broken to him since he believes that he is in the right direction towards the attainment of his desired goals. He does not seem to be aware of his condition since he has applied for the position of GM in the organization. This position is even challenging and may require more effort and commitment than the previous post he held in the bank. Therefore, this kind of news may help enlighten Mehesh to realise that he is overworking himself though he does not seem to notice it.

2. In the event that I am the chairman's advisor, I would start by highlighting the major causes of the problem identified by the doctor. Burnout is a direct result of the working conditions often experienced by the workers in their workplace. Therefore, in order to address this problem, I would recommend that a review of the working conditions should be taken in order to improve the situation. I would also recommend that drastic changes should be made especially to different workloads of the employees. I will also recommend that all workers undergo testing in order to establish if there are others suffering from the same problem. This will help the chairman to make meaningful decisions with regards to addressing the problems related to burnout and stress in the workplace.