



HELPING THE HELPERS: HONORING THE HERO WITHIN

Are you looking for ways to prevent employee burnout, as well as increase well-being and staff retention?

Organizations are up against huge challenges when working to address professional burnout including:

- Lack of education
- Harmful societal norms
- Stigma regarding emotions as weakness
- Unrealistic expectations of helping professionals' responses to what they see and experience in their work

The success of your organization depends on the health and well-being of your staff.

Unfortunately, leaders have so many competing priorities and often don't have the time or capacity to handle employee burnout.



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When burnout is not addressed employees naturally become overwhelmed, unmotivated, and disengaged from the passion that brought them to their work. This leads to work and life dissatisfaction resulting in emotional trauma, turnover, and costly errors. Even worse is the tragic loss of life of helping professionals due to high rates of suicide.

Helping the Helpers will walk side by side with you and your team to achieve measurable change within your organization.

Our consultants will:

- Gather information from you and your leadership team and create a customized plan for your organization.
- Provide tailored education and support to your leadership and staff to combat and prevent burnout.
- Provide critical incident support to your team in the wake of tragedy, crisis, and disaster.
- Give you a confidential report of recommendations to ensure clarity and sustainability.
- Work with you and your staff to implement recommendations to decrease and prevent professional burnout long term.

We help organizations rise to face some of their biggest challenges and become better versions of themselves in the process.

- Improve employee well-being, engagement, and satisfaction
- Reduce staff turnover
- Prevent costly errors
- Prepare for the coming rise in mental health issues and needs of your workforce
- Strengthen the health and overall success of your organization

Utilizing evidence-based strategies, Helping the Helper's tailored approach guides organizations to mitigate and prevent professional burnout while simultaneously offering support to helping professionals. Our team's 45 years of combined experience includes: executive leadership roles, undergraduate and graduate university level instruction in grief and healthcare, clinical grief support, crisis intervention, and organizational health consulting locally, statewide, and nationally.

Schedule a call with Helping the Helpers and let's equip your organization to mitigate and prevent professional burnout.

