

Team talk – avoid burnout with intentional team conversations

Avoid	<ul style="list-style-type: none">• How unfair we are being treated by everyone else – them vs us• Sponge discussions – so focused on individual problems we all soak it up• How special we are as a team vs others• Disrespectful comments in the name of 'banter'
Caution	<ul style="list-style-type: none">• Graveyard humour – job role specific• How good we are versus others• How the rules and processes are getting in our way• Who has the most on -is the busiest or working the hardest• Avoiding talk about how we are doing
Engage	<ul style="list-style-type: none">• How are we doing – really.• What is going well that we can replicate?• How can we solve this together?• Who outside of our team can help?• What our priorities are now

