On the Brink of Burnout?
Reclaim Your Creativity

Daniel Stover, M.A.
Founder & CEO, Ensight Partners
How Do You Personally Define Creativity?
How Do You Personally Define *Burnout*?
Burning Out

✓ Expect too much
✓ Never good enough
✓ Feel inadequate or incompetent
✓ Unappreciated
✓ Unreasonable demands
✓ Unsuitable role
✓ Unresolved issues and conflict
✓ No clear expectations
✓ Always “on”
“The lies we tell ourselves are the most subtle of all lies....”

I'm fine

I just want to be helpful

It's their negativity

This too will pass

I just need to get on my game

I love my job

I'm happy to take on more

I'll be better after vacation

I'm just tired

People are depending on me

No one else can do this

You just don't understand
How do we overcome ourselves?
Dealing with Ourselves

S → T → E → M
Stressor       Thought       Emotion       Manifestation

Originated by Dr. Albert Ellis and adapted by Ensight Partners
“But unless I also enjoy the task, my mind is not fully concentrated. My attention keeps shifting to the clock, to daydreams of better things to do, to resenting the job and wishing it was over. This kind of split attention, of halfhearted involvement, is incompatible with creativity.”

-Margaret Butler
Reclaiming Creativity: Beliefs

What are the unhelpful beliefs you have about the world or yourself?
Reclaiming Creativity: Rhythm

How can you introduce more rhythm into each day to enhance your creativity?
Reclaiming Creativity: Novelty

In what ways could you be more curious in your life?
Reclaiming Creativity: Suffering

What stressors or conflicts do you face that need addressed more directly?
Reclaiming Creativity: Space

How can you make your workspace or home space more conducive to creative thought?
What unhelpful **distractions** can you eliminate from your day or week?
Reclaiming Creativity: **Eccentricity**

What **weirdness** do you need to embrace to be more your authentic self?
Reclaiming Creativity: Paradoxes

What paradoxes make you a creative person?
Reclaiming Creativity: Boredom

When can you provide yourself the time and space to be bored?
If you can sit quietly after difficult news;
if in financial downturns you remain perfectly calm;
if you can see your neighbors travel to fantastic places without a twinge of jealousy;
if you can happily eat whatever is put on your plate;
if you can fall asleep after a day of running around without a drink or a pill;
if you can always find contentment just where you are...

.....you are probably a dog.

– Jack Kornfield
Interested in More?

Dan Stover, M.A.
Ensight Partners
Executive Coach, Founder & CEO
213-986-7193
dan@ensightpartners.com
https://www.linkedin.com/in/dlstover/
www.ensightpartners.com