



WYOMING WORKING TOGETHER

Sept. 5, 10 am Gillette, WY

Please seat according to State Region.

Gillette

Casper

Cheyenne

Jackson Hole

Rock Springs

Girl Twin Solutions, LLC

TammyWellbrock.com

Not enough M&Ms

Sugar-Free Solutions for Work/Life Balance

ACCE Events Division Meeting 2019

Tammy Wellbrock, MS, IOM, CAE

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M&Ms**

**“It is better to burn out
than it is to rust.”**

-Neil Young

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Serious Statistics

- 63% more likely to take a sick day
- Half as likely to discuss how to approach performance goals with their manager
- 23% more likely to visit the emergency room
- 2.6 times as likely to leave their current employer
- 13% less confident in their performance

**Not enough
M&Ms**

Burnout CAN be prevented!

Purpose: liking what you do each day and being motivated to achieve your goals

Social: having supportive relationships and love in your life.

Financial: managing your economic life to reduce stress and increase security.

Community: liking where you live, feeling safe and having pride in your community.

Physical: having good health and enough energy to get things done daily.

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M&Ms**

Small Group Discussion

1. How does our relationship with our Chamber Boards impact our level of burnout?
2. What actions (such as communication or other) can we take to help lessen burnout?

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M&Ms**

Small Group Discussion

Some states create
Regional Peer Groups, to share
resources and provide support.

1. In what manner could you benefit as a state, as individual chambers and as professionals with Peer Groups?

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M&Ms**

Small Group Discussion

1. What are some specific actions you can do when you return home to help refill your wells/reducing burnout?
2. With your daily routine?
3. With your staff?

Not enough M&Ms

“All things being equal, people want to do business with their friends.

All things not quite so equal, people STILL want to do business with their friends.”

-Jeffrey Gitomer

**Not enough
M&Ms**

Until We Meet Again...

