



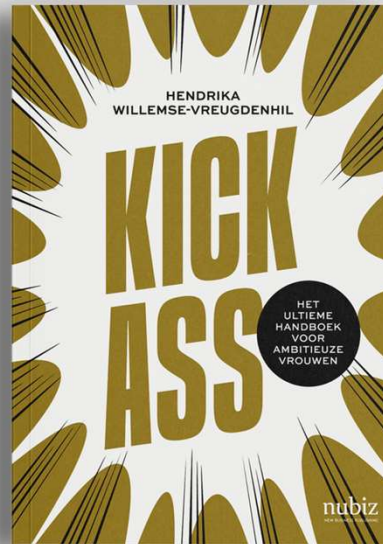
How to get the most out of your career in the long run without burning out!



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The workplace is rapidly changing

Things are rapidly changing in the workplace and this requires a different gameplan.

How can you build your career and be successful in business and in life on the long run?

Can you be ambitious in life and business? Or does that mean you have to deal with the risk of stressing yourself out?

Can we have it all? Or do we have to choose?

The workplace is rapidly changing

The always-on economy

The amount of information we have to process constantly

The social media view

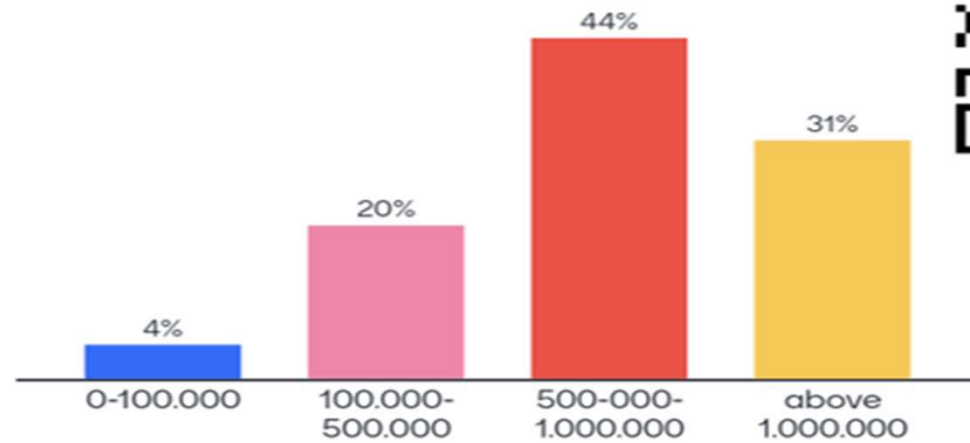
Young talent want different things

Hybrid working



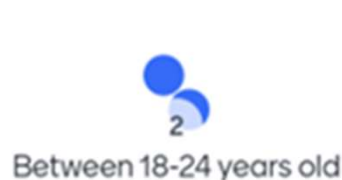
How many people suffer from burnout in the Netherlands ?

Mentimeter



What is the average age for a burnout ?

Mentimeter



The struggle is real

1,3 million people are struggling with a burn-out (In the Netherlands)

18% of the employees in ICT

The percentage in Education (21%) and ICT (18%) are slightly higher than in other working areas

Especially young people struggle with a burn-out (30-34 years)

What is a burn-out actually?

It usually starts with tension and stress

The feeling that it's too much and that you can't handle it

Exhausted, sleeping issues, low focus and concentration challenges, memory issues, crying and feeling overwhelmed

Eventually you are not able to perform activities anymore

Physical (body) versus mental (head)

How to get back in the game when it hits you?

It starts with acknowledgement

Taking a step back to recover (rest)

Figure out what caused the stress and overwhelm

Reverse engineer and build your plan

Take time to build your new lifestyle

Sustainable prevention

Figure out what's important in life for you

Setting boundaries

Saying no more often

Focus on what's important to you | build your plan

Schedule "me-time"

Build solid routines

Key take-aways

Invest in discovering yourself as a person and defining your life rules

Making selfcare a priority even in times when you feel like you are on top of the world

Ignoring your feelings will only make things worse

Don't be afraid to ask for help when you need!