

## **Toolkit 2 - Learning Unit 11 Pre-intervention**

### **Activity 3 Protective factors**



Training

**Review with the group the list of burnout protective factors and ask people to rate which of the list they recognize in themselves.**

Protective factors

1. Inner integrity – especially consistence of needs, values and life goals
2. Adequate social support outside of work
3. A sense of meaning and influence
4. Awareness of your own potentials
5. Adequate sense of responsibility
6. The ability to influence own professional environment
7. Being aware of your own limitations and setting limits