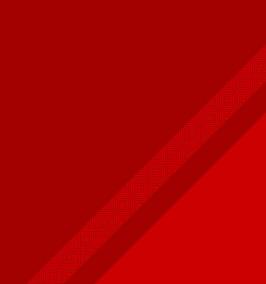


#### **BEYOND BURNOUT**

Caring for your employees' greatest asset

Leslie Hawthorn Senior Principal Technical Program Manager Open Source and Standards Team, Office of the CTO





Alex Holyoake







James Warhola



## Wickelraum Baby change





**Dion Hinchcliffe** 



















## So .... This *almost* killed me. And look how good I have it.







#### This is why you always wear a helmet.

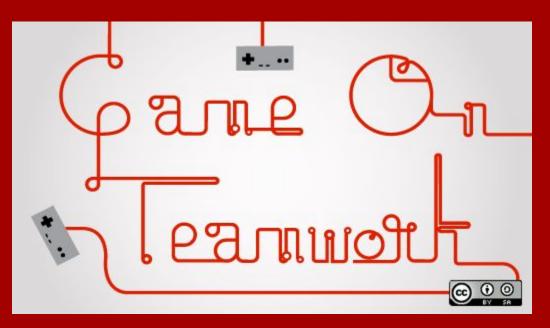


1:21 AM - 21 Oct 2018





#### Create a healthy work environment



The highest performing teams operate in an environment of psychological safety

S. redhat.

## Establish Policies and Culture that Support Remote Work





Steven Zwerink

#### **Provide Family Leave to All Employees**



### For all types of care work



#### **Make Sure Your Plans Cover Mental Health**



#### ...and don't assume treatment available

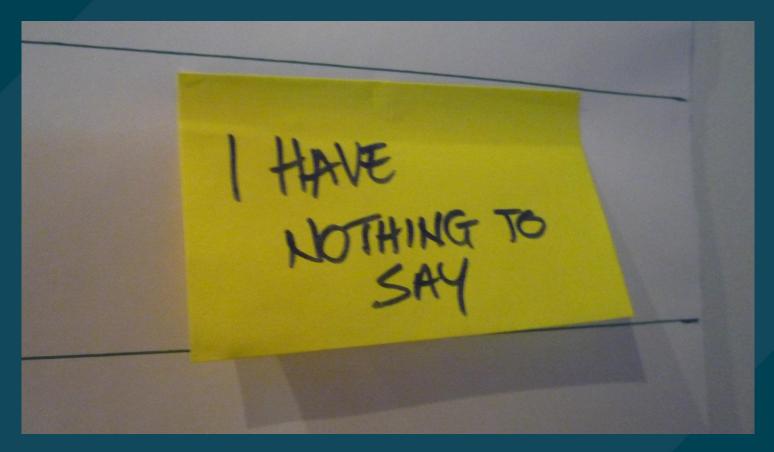


## Blame Free Time Off Not Unlimited Time Off





#### **Provide Relief from Social Media**





# Actively monitor for when employees need more support in the workplace





### **Compassion for the Impossible Task**





#### Make it real - vanquish fear of stigma



# Be kind, for everyone you meet is fighting a hard battle.





You Tube

## **THANK YOU**

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