



THE
JOHN BARRETT
LEADERSHIP PODCAST



LEADER GUIDE



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Notes

Episode 43: How To Detox From Overworking

Overworking actually causes you to _____

The Three Antidotes to Overworking

1) _____

When everything is a priority, nothing is.

2) _____

Your leadership capacity is a direct result of your delegation strategy.

3) _____

Without clear boundaries, your day is never going to end.



Reflection

Episode 43: How To Detox From Overworking

Episode Summary:

In a culture where overworking is often worn as a badge of honor, it's crucial for leaders to recognize the symptoms and take decisive action. This guide delves into the common signs of overworking, such as the illusion of a 'busy season' and the promise of relief after project completion. To counter these challenges, three antidotes are presented: prioritization, which involves focusing on key tasks and eliminating the non-essential; delegation, the art of empowering your team and letting go of tasks that others can handle; and setting boundaries to protect your time and energy. By adopting these strategies, leaders can enhance their influence and productivity while safeguarding their well-being.

Reflection Questions:

1. What are some signs that you might be overworking?
2. How does overworking affect your personal and professional life?
3. Why is it important to prioritize tasks in a fast-paced work environment?
4. What are some challenges you face when trying to delegate tasks?
5. How can setting boundaries improve your productivity and well-being?
6. Can you share an example of a time when you successfully delegated a task? What was the outcome?
7. What steps can you take to create a better work-life balance?
8. How can you support others in your team or community to avoid overworking?