

Reflection on our Burnout Workshop

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It was difficult for me to tell how our classmates were going to rate the burnout workshop that Sandy and I conducted last week. I continue to struggle with public speaking in any form, but at some level I am grateful that the social work program has forced us to present so many times. Since I was nervous, it was difficult for me to tell whether I was talking too fast, trailing off, etc. The evaluation forms were essential to my learning process, and I was pleasantly surprised by the feedback from the class.

The group dynamic between me and ----- made the project much less stressful, and I would say this was a strength of our group. We are both creative people, so we were easily able to build off of one another's ideas. This synergistic creativity led us to approach the topic of burnout from a less conventional perspective. We focused on conveying the information in a way that would cause the class to think and be engaged. We knew from our pre-surveys that the class already understood the concept of burnout, so we wanted to deemphasize defining burnout in favor of discussing cultural considerations and prevention strategies.

While planning and actually conducting the workshop, we struggled with timing and how to make the information flow. We read so many interesting and diverse pieces of literature that it was difficult for us to decide what to include in the workshop. I think we may have tried to cover too much information for the short amount of time we delegated for the presentation. One student wrote that he or she wished that we had allowed for questions and comments during the presentation part, and I felt the same way. ---- and I were really worried about having time for our experiential part of the workshop, so we somewhat rushed through the PowerPoint information. Since the time period was limited to an hour, we could have thinned out our

information and/or shortened the time for the experiential part in favor of having more class interaction during the presentation part.

I think the class gave helpful feedback and it will certainly help me in future presentation situations. I enjoyed being able to work on this workshop assignment with ----, and I definitely think the assignment lends itself as a group project. Sharing the assignment with another student lowered my anxiety about presenting in front of class; I am sure others felt the same way.

Evaluating the other students' presentations was also very useful to me, and overall I think this assignment teaches several essential social work skills.