

# Welcome

Pre Opening



BOY SCOUTS OF AMERICA  
LAKE ERIE COUNCIL

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**I will...  
Do My Best  
To  
Be Prepared  
To  
Lead The Adventure**



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# Introductions & Important Messages



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# General Training Session

# Preventing Leader Burnout



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# What is Leader Burnout?

Stress from feeling out of control.

Too many task

Lack of support

Not knowing what to do

Not knowing how to do



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# Preventing Leader Burnout

Step 1: To Prevent Leader Burnout you must first recognize there is leader burnout and that you need help.



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# Preventing Leader Burnout

Step 2: Realize that you are not alone.

Scouting is bigger than just your unit.



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## Step 3: Seek Help / Advise

There are many people that are willing to help. Seek help from Unit Commissioners, Area Commissioners, other leaders (at Round Tables) and Unit Serving Executives.

Yes take Woodbadge this course puts the focus on what you need to get control.



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# Preventing Leader Burnout

The prior steps were the Preliminary or General steps to get us ready to prevent leader burnout.

The following are the detail steps in preventing leader burnout.



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# Preventing Leader Burnout

## Step 4: Be Optimistic

Optimism and pessimism all come down to the story you tell yourself about what happens to you.

## Find Meaning In What You Do

When you find true meaning in your work — when it's not a job, it's a calling.



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# Preventing Leader Burnout

## Step 5: Eat an Elephant

NYLT teaches your scouts how to eat an elephant, One bite at a time. You cannot swallow it whole.

The same is true with running a unit or your position.

Break it down into smaller individual task.

Make each task a SMART task.

Start and Complete one task at a time.



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## Step 6: Have an Action Plan

Use the resources available to put together an action plan on how to deal with those task.

## What is your Vision of Success



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# Preventing Leader Burnout

If you yell someone call 911, no one calls 911

## Step 7: Assign S.M.A.R.T. Task

Many hands make light work.

Task need an end point Timely.

## Ask for help in your unit and Be honest

“I cannot do this alone”

“I need your help, your scout needs your help”

“Start and end with a complement”



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# Preventing Leader Burnout

## Step 8: It is ok to say no!

You want to be that person who always wants to help. That total 'yes' person. If you don't do it then it won't get done. The problem is, the more you take on, the more it begins to wear on you.

It is ok to say no, but when you do it is best to help find a solution.  
Just know your limits.



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## Step 9: Practice SSC

### Start, Stop, Continue

Review your plan, is it working, what is going well, what is not going well. Should you make changes to the plan.

Have you completed tasks what is left to do. Stop and reflect on where you are at.



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# Preventing Leader Burnout

## Step 10: Take a Vacation

Take care of yourself and every once in a while take some time off for yourself.

Remember it is only an hour a week!!!



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# Other Minute Announcements



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# On to Breakouts

**Cub Scout:** Blue and Gold Banquet

**Scouts BSA:** Order of the Arrow (Elections)

## December

**Joint:** The Adventure Plan

**Cub Scout:** Lion, Tiger, Wolf and Bear focus (STEM)

**Scouts BSA:** Recruiting a Great Committee (Roles)



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