

The Empowered BCBA

Your mission, should you choose to accept it, is to develop the skills you need to identify and reduce burnout in yourself and your staff.. To accomplish this mission, you will:

- Download the Mission Resources
- Complete the lessons and take the quizzes
- Complete a burnout assessment
- Develop a Mindful Action Plan
- Complete the workbook
- Practice self-care
- Celebrate the success of your Completed Mission

Tip: Take the time to practice mindfulness and self-care. You can't successfully help your clients and staff without first taking care of your health and well-being.



Mission Resources:

- Burnout Assessment Tool
- Self-care workbook
- Mindfulness Action Plan
- And more!

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What inspires you in your work?

What activities drain your battery fastest?

What strategies do you already utilize to minimize burnout and compassion fatigue?

You need more time for yourself than you think



There's a big difference between caring for others and caring for yourself. It's natural to feel burnout..

Completing this Mission provides the guidance you need to develop a plan to take care of your physical and emotional well-being!