

WHAT IS "BURNOUT" ?

1. Lack of desire and interest in being " on the job".
 - A. Is this lack vague or specific ?
 - B. Is it superficial or deep rooted ?
 - C. Has it been short or long term ?
2. A dissatisfaction with current situation.
 - A. Professional
 - B. Personal

WHAT CAUSES BURNOUT ?

1. A specific act or happening.
2. Time demands that career choices impose.
3. Non musical related job requirements.
4. Unrealistic professional or personal expectations.
5. Lack of accomplishments.
6. Limitations of current position.

POSSIBLE SOLUTIONS

1. Analyze cause.
2. Set goals.
3. Get help.
4. Design productive activities.
5. Review progress.
6. Schedule recreation time.
7. Position change.
8. Career change.