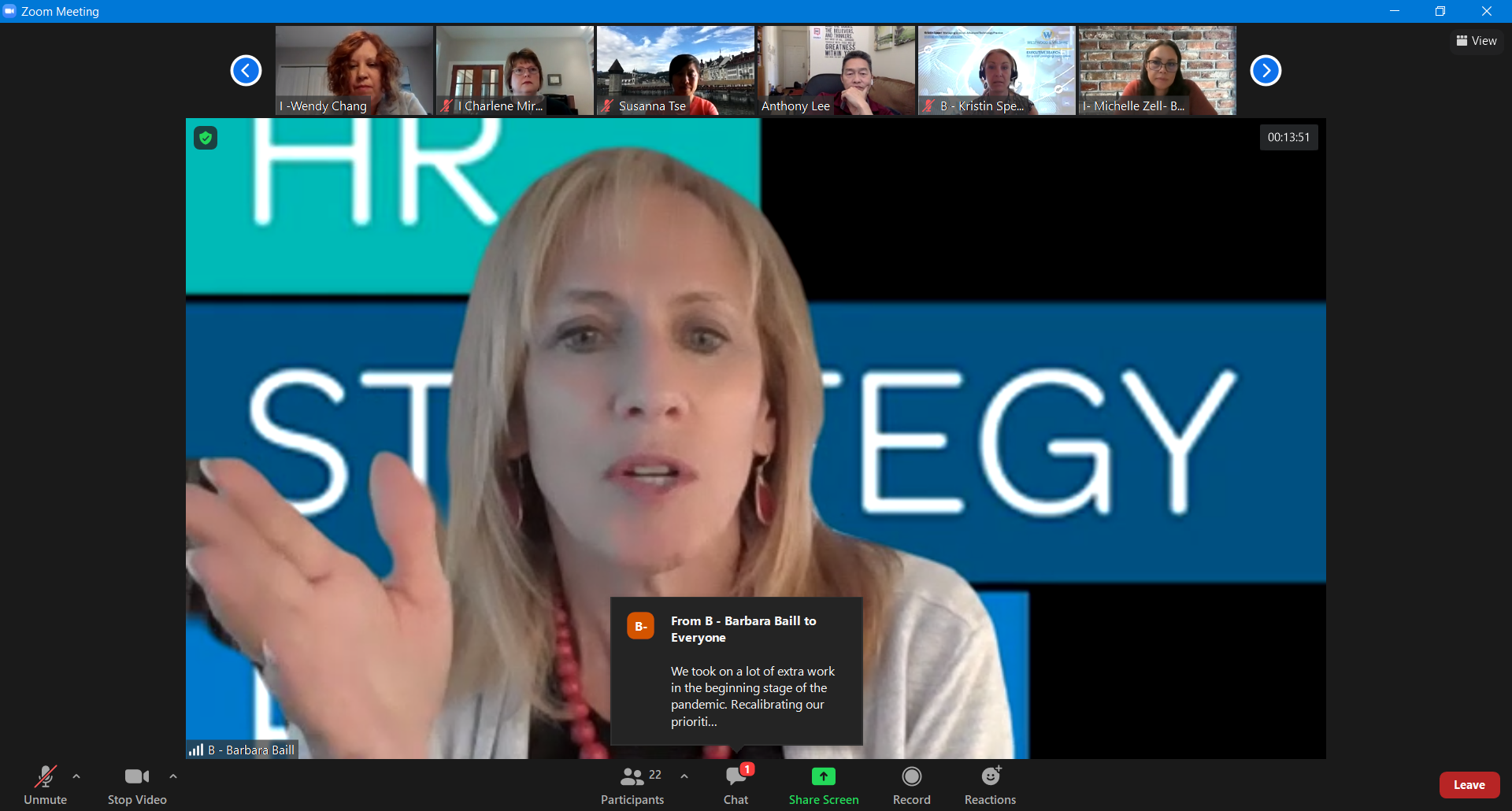
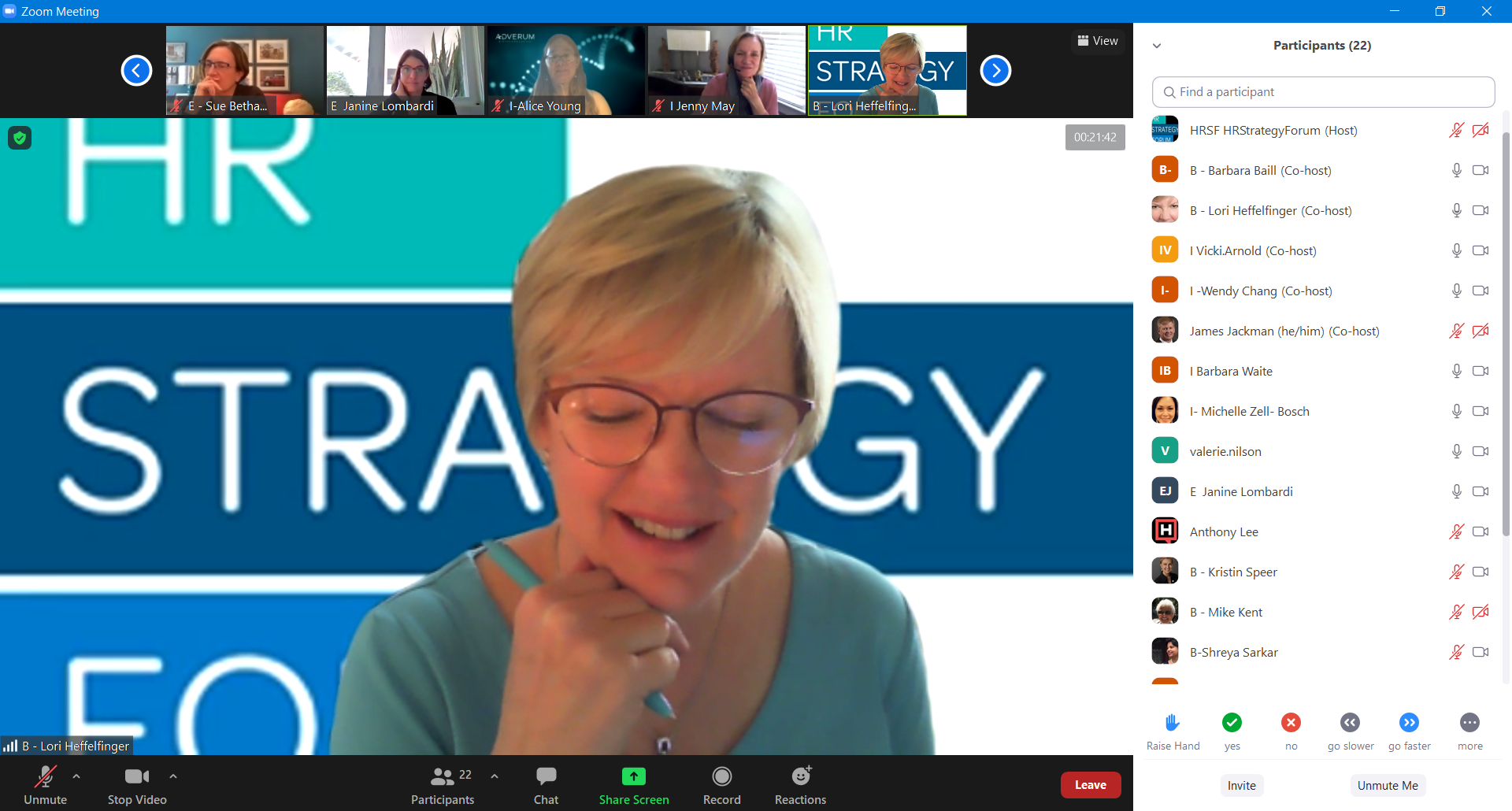
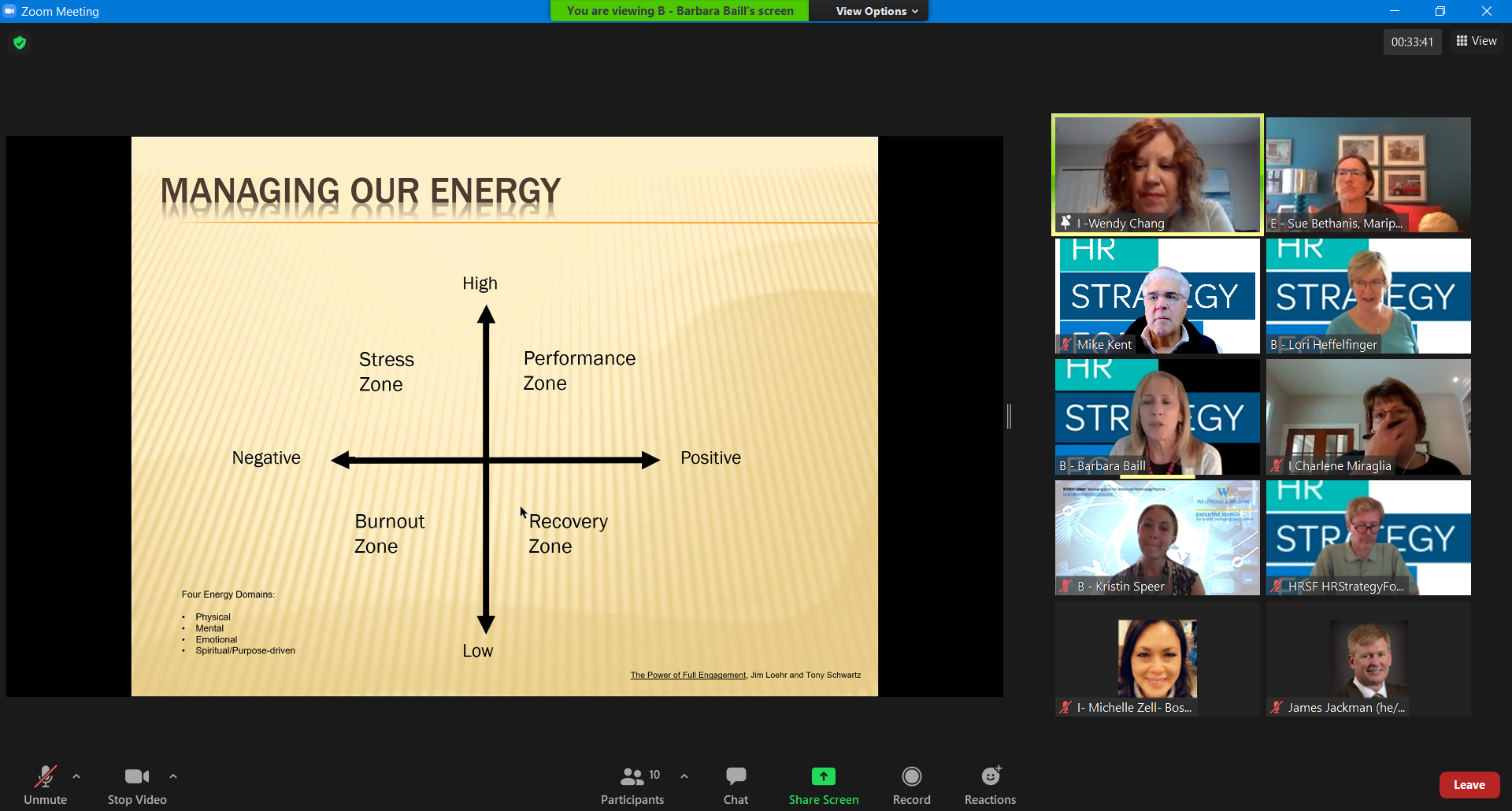
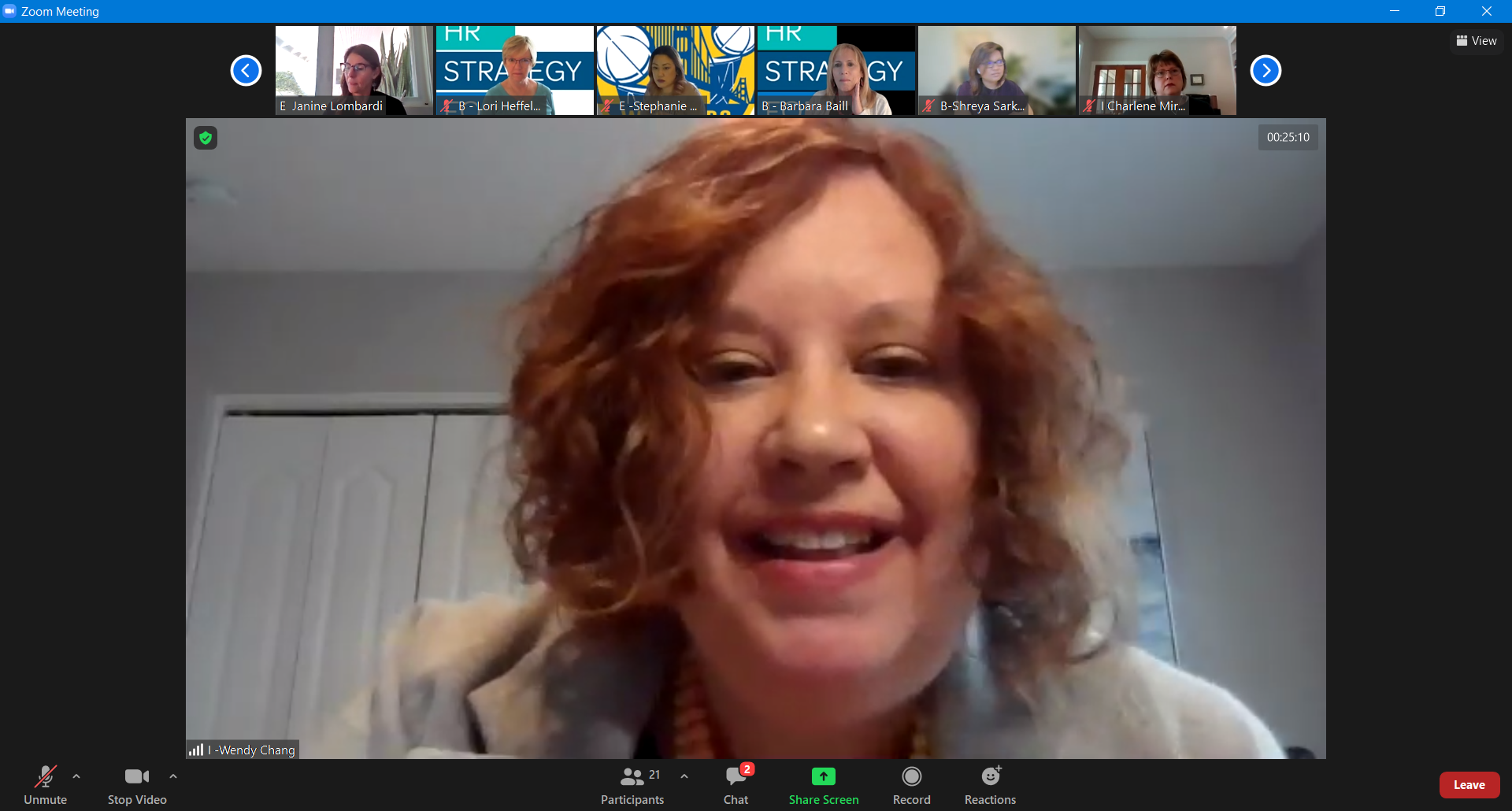
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Chat Transcript from HRSF Community Conversation – HR Burnout, April 21, 2021

12:36:55 From E Janine Lombardi to Everyone : large group

12:38:28 From B - Barbara Baill to Everyone : What is the future of work

12:38:46 From B - Barbara Baill to Everyone : Global pace - addressing needs around the clock

12:39:01 From B - Barbara Baill to Everyone : Some groups are busy than other HR groups

12:39:13 From B - Barbara Baill to Everyone : The natural firefighters

12:39:49 From B - Barbara Baill to Everyone : General uncertainity

12:39:59 From B - Barbara Baill to Everyone : Personal interruptions

12:40:07 From B - Barbara Baill to Everyone : Vaccine policy?

12:40:27 From B - Barbara Baill to Everyone : Competing priorities within the business of HR

12:40:47 From B - Barbara Baill to Everyone : The computer at home is always there. No transition from work to home

12:41:51 From B - Barbara Baill to Everyone : Have to be strong and block out time for ourselves on the calendar

12:42:03 From B - Barbara Baill to Everyone : And stick to it

12:44:09 From B - Barbara Baill to Everyone : Every situation is unique now because of the pandemic

12:44:51 From B - Barbara Baill to Everyone : Responding the business up and downs

12:45:12 From B - Barbara Baill to Everyone : Forgetting that we are employees also

12:46:05 From B - Barbara Baill to Everyone : We took on a lot of extra work in the beginning stage of the pandemic. Recalibrating our priorities and focus is necessary

12:46:52 From B - Barbara Baill to Everyone : Wellness classes for the team

12:47:00 From B - Barbara Baill to Everyone : Meeting free Fridays

12:47:23 From B - Barbara Baill to Everyone : EAP Webinars for wellness

12:47:40 From B - Barbara Baill to Everyone : Team wellness challenges

12:48:35 From B - Barbara Baill to Everyone : Vacation time - actually taking it!

12:50:28 From B - Barbara Baill to Everyone : Bonus days off

12:50:36 From B - Barbara Baill to Everyone : Fridays off

12:51:17 From B - Barbara Baill to Everyone : Spring breaks

12:56:11 From B - Barbara Baill to Everyone : Fitness guru

12:56:17 From B - Barbara Baill to Everyone : Nutritionist

12:58:37 From I Vicki.Arnold to Everyone : Thanks for all the great ideas everyone! I do have to drop off at 1:00, Hope you enjoy the continued conversation.

13:00:56 From valerie.nilson to Everyone : Need to drop off. Thanks everyone!

13:00:59 From I-Alice Young to Everyone : Thank you all!

13:01:11 From Susanna Tse to Everyone : It was great to meet everyone! Thanks for sharing!

13:01:45 From E Janine Lombardi to Everyone : Appreciate the conversation today.

13:02:10 From I Barbara Waite to Everyone : will need to drop. thanks so much

13:02:10 From B - Kristin Speer to Everyone : Thank you, Barbara, Wendy, Lori, and the entire team that put today's discussion together.

13:02:23 From B-Shreya Sarkar to Everyone : Thank you, all. This was an insightful conversation.

13:07:14 From I- Michelle Zell- Bosch to Everyone : All of the Senior Leaders at our site read this book 2 years ago

13:09:45 From I- Michelle Zell- Bosch to Everyone : Need to drop off. Thank you everyone!

13:25:36 From B - Kristin Speer to Everyone : Great conversation, I have an interview starting soon, will hop off. Thanks, everyone!

13:25:49 From I Charlene Miraglia to Everyone : I have to run - thank you to everyone!!