

Am I bad, mad, sad or really just an imposter? 10 critical things every audiology professional should know to prevent imposterism and burnout

Masterclass Facilitator:

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CPD Points: 3 points (Category 2)

Overview:

Burnout is a job-related condition leading to emotional exhaustion, depersonalization, and reduced personal accomplishment. The short and long-term consequences of burnout can be extensive. Irrespective of career stage, the sensitive nature of the role of an audiologist is susceptible to Burnout.

A recent problem that emerged in the news is Imposterism, a feeling of phoniness despite all evidence of belonging. It is no surprise that work-related mental health is now a top priority of the Occupational Health and Safety strategy (2002-2012)*, currently in its implementation phase.

Designed for audiologists, you will be exposed to the latest research in audiology dealing with Imposterism and Burnout. Participants will be guided through exercises to recognise and remedy immediate and longer terms strategies by introducing them to the Imposterism and Burnout Toolkit. Participants will be invited to commit to the Accountability Pledge.

* Medibank Private Research Report: The Cost of Workplace Stress in Australia, August 2008

Learning Outcomes:

- Recognise the signs of Burnout and Imposterism
- Redirect your actions and learn strategies to future-proof yourself against Burnout and prolonged Imposterism
- Revitalise your commitment to client-centred care