



## Board Member “Burn Out”.

Because board members are volunteers and often have a keen interest in the centre and its work some board members can be part of a board for a long time. The goal at all times is to ensure the board have the willingness, commitment, energy and enthusiasm for the role they have undertaken.

Although their expertise, skill and enthusiasm are highly regarded there can be a point when board members have reached a “Burn Out” point. This comes at different times for each person and much depends on personal circumstances. However in order to ensure an effective, efficient and dynamic board, members should have the opportunity to review their circumstances.

The following are some key questions an individual can ask of themselves or the Chairperson can ask of board members at any meeting. If your YES responses outnumber your NO responses you may be “Burned Out”. Any decisions you make or support you need based on your findings should be discussed with the chair who will be happy to help.

QUESTION	YES	NO
Do you feel being a member of the board takes up too much of your time?		
Does your career impact on your ability to fully contribute to the board?		
Have other things been getting in the way of your attendance at board meetings lately?		
Have you been on the board for more than 5 years?		
Have you held an executive role on the board for more than 3 years?		
Have you developed an “I don’t care” attitude to what is going on within the board and / or the organisation?		
Are you convinced you are the only board member doing any work?		
Do you try to avoid board related functions, presentations?		
Do you avoid talking to the general manager, the staff of the centre or any of the learners?		
Do you dislike the level of responsibility associated with your governing role as a board member?		
Do you often wonder why you got involved in the board in the first place?		
Would you like the opportunity to hand over your role to another board member but stay on the board as an ordinary member?		
Would you like the opportunity to leave the board entirely?		