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# **Administration of Commissioner Service**

**Instructors:  
Jack Sears – John Kiernan**

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# Preventing Commissioner Burnout

Instructor: John Kiernan

# ***Time Management***

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**Set priorities — what will make a difference?**

**Commissioner service is primary**

**Keep Scouting files organized**

**Keep the stuff you need, pitch the rest**

**Use your notebook to organize**

**Talk to verbose Scouters before meetings**

**Group tasks and appointments**

# ***Introduction***

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***“I’m sick of it!”***

**Why are you still here?**

**Everyone feels some burnout**

**We will look at ways to overcome burnout**

# ***Types of Burnout***

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**Fatigue**

**Boredom**

**Lack of motivation**

**Others?**

# ***Fatigue***

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## **Signs**

**Tiredness**

**Low energy**

**Lack of ideas and planning**

**Others?**



# ***Fatigue Solutions***

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**Get Outdoors**

**Vacation**

**Temporary replacement**

**Have others help**

**Go to bed earlier!**



# ***Bored But Not Fatigued***

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## **Prescription**

**Spice it Up — new skills, new places**

**Explore — gather ideas**

**Climb Mountains — literal or figurative**

**Teach — commissioner or other training**

**Measure your progress**

**Change assignments**

# ***Lack of Motivation***

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**What is motivation?**

**What is the only real way to motivate?**

**Some incentives:**

**Keep up-to-date**

**Your sincere, interested, helpful and enthusiastic attitude motivates others**

**Your talents are important to Scouting**

**Group sense of belonging motivates**

**Recognition**

# *The Keys to Success*

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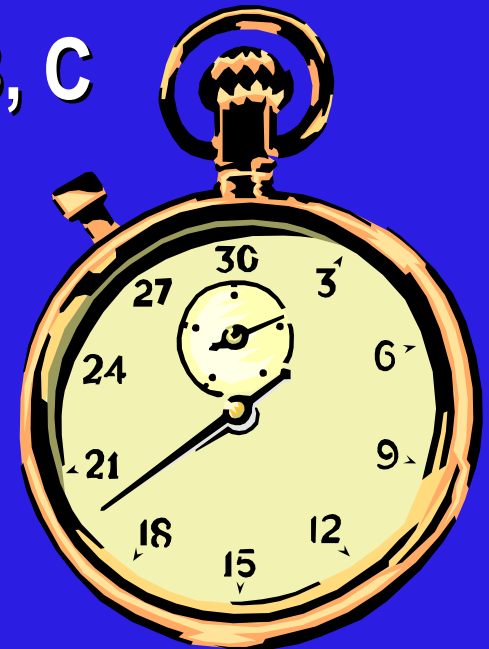
Say “no” when you need to (nicely)

Don't procrastinate

Listen carefully

Commissioner “to do” list — A, B, C

Make a schedule, stick to it



# ***Wellness***

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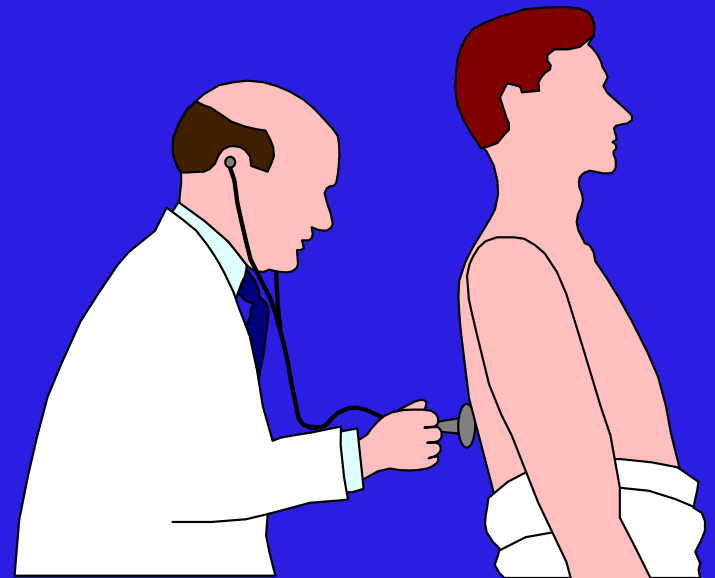
**Take it easy. Relax!**

**Manage your weight**

**Regular exercise**

**Lead a balanced life**

**Get prompt medical help**



# Questions?

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