



The Curious Case of the Fried Ally: Beating Ally Burnout in the Workplace

Background:

While the past few years have been a time of big wins for equality, the current social and cultural landscape has changed dramatically. Pushback, legislative losses, and even violence have become part of the conversation about LGBT equality. And while the trajectory of ally engagement in the workplace has been meteoric, this new cultural backdrop – combined with the constant hard work involved in ERG leadership – often makes members feel overwhelmed. Worse, living up to expectations, honoring commitments to lifelong learning and advocacy, and creating thriving LGBT-ally partnerships in network groups can lead to personal and organizational burnout. Learn about what ally burnout looks like, find ways to address challenges on personal and organizational levels, and ensure the way YOU ally stays powerful and effective.

Content Overview:

- **How did we get here?** Acknowledge progress made in area of LGBT and ally inclusion, start identifying challenges encountered along the way
- **What is burnout, anyway:** Go beyond the buzzword to find out what burnout is, it's origins, and what's at stake
- **What does ally burnout look like?** Find out how to identify burnout both at individual and organizational levels
- **Finding solutions and cures:** Learn about how to address burnout while keeping your efforts moving forward
- **What comes next?:** Identifying ways to change the way we engage and develop allies in the future

Recommended Session Length:	90 minutes
Target Audience:	Experienced ERG members, high-participation advanced allies
Participant Materials:	Handout only
Additional Information:	This learning session is available in an interactive webinar format in a 60-minute version. This learning session can be customized for specific audiences as needed.

For more information on this session, contact Jamie Henkel, Learning & Inclusion Manager, by e-mailing jhenkel@pflag.org or call (202) 467-8180 ext. 210.

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