



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

Background:

While recent 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 once again become part of the conversation about LGBTQ+ equality. This new backdrop – combined with the constant hard work involved in network group leadership – often makes members feel overwhelmed.

Worse, living up to expectations, honoring commitments to lifelong learning and advocacy, and creating thriving LGBTQ+ ally partnerships in network groups can lead to personal and organizational burnout. PFLAG’s Straight for Equality program will help your team 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 the area of LGBTQ+ 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 including member satisfaction and network group effectiveness
- **What does ally burnout look like?** Find out how to identify burnout both at individual and organizational levels and discuss the impact burnout can have on leadership transition, annual planning, and demonstrating ROI
- **Finding solutions and cures:** Learn about strategies to address burnout, using real-world examples to help keep your efforts moving forward
- **What comes next?:** Identify ways to change the way we engage and develop allies in the future

Recommended Session Length:	90 minutes
Target Audience:	Network group leaders, experienced network group members, advanced allies
Participant Materials:	Handouts
Additional Information:	For in-person sessions, this session is only available in a 90 minute format. This learning session is available in an interactive 60 minutes webinar format. 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) 657-6998