

The logo features the letters 'SLC' in a large, bold, teal font. A horizontal purple line is positioned below the letters. To the right of the text, there is a large, stylized graphic consisting of overlapping teal and purple circular shapes, resembling a target or a series of concentric arcs.

COACHING & CONSULTING

Burnout Prevention: Protecting Energy in Your 1:1s

Depletion doesn't start with exhaustion.

It builds quietly – in over-ownership, unclear expectations,
and constant emotional output.

Your 1:1s are your earliest prevention tool.

Stacy Campesi | SLC Coaching
slccoaching.net

Protecting Energy in Your 1:1s

Meeting Structure & Question Guide

1. Set the Tone

Shift the meeting from transactional to relational.

- “What’s been taking up the most mental space this week?”
- “Is there anything we should name before we jump into work?”

2. Energy Check

Surface early signs of depletion before they escalate.

- What’s energizing you right now?
- What’s consistently draining you?
- Where might you be over-owning or carrying more than you should?

3. Clarify Ownership

Reduce unnecessary load and prevent role creep.

- “Of what’s draining you, what’s actually yours to own?”
- “What can be delegated, clarified, or stopped?”

4. Reset Priorities

Align effort with what actually matters.

- “What are your top 1–3 priorities right now?”
- “What can be deprioritized?”

5. Close with Intention

Reinforce agency and shared accountability.

- “What feels most important coming out of today?”
- “What support do you need from me?”

Protecting energy isn’t about lowering standards.
It’s about aligning ownership, expectations, and emotional capacity
before burnout sets in.