

---

# COLLABORATION AND MOTIVATION IN THE WORKPLACE: **MOTIVATION**



# MOTIVATION IN THE WORKPLACE

Motivation refers to the reasons people put effort into their work. While financial rewards are one form of motivation, many individuals are also driven by recognition, achievement, personal growth, or the desire to make a meaningful contribution.

When employees feel motivated, productivity and teamwork often improve.



# RECOGNIZING JOB BURNOUT

Occasionally employees experience periods of exhaustion or frustration related to work. When these feelings continue for a long period, they may develop into job burnout.

The Mayo Clinic describes burnout as a state of physical, emotional, or mental exhaustion caused by prolonged workplace stress.

Common warning signs include decreased motivation, irritability, reduced productivity, and a negative outlook toward work.

Recognizing burnout early allows individuals and organizations to address the problem before it significantly affects performance or well being.



# CAUSES OF BURNOUT

Several workplace conditions can contribute to burnout. These may include limited control over responsibilities, unclear job expectations, difficult workplace relationships, value conflicts, or an imbalance between work and personal life.

Supportive leadership, clear communication, and a healthy work environment can help reduce the likelihood of burnout and maintain employee engagement.





# COLLABORATION & MOTIVATION IN THE WORKPLACE: MOTIVATION

CONNECT WITH US  
ON SOCIAL MEDIA



<https://linktr.ee/wkuacdc>



[careerhelp@wku.edu](mailto:careerhelp@wku.edu)