

Tending the Fire at Work: An Expressive Arts Investigation of Burnout in Mid-Career Professionals

Deborah Ogburn

ebooks | Download PDF | *ePub | DOC | audiobook



 Download

 Read Online

#9565748 in Books 2010-11-11 Original language: English PDF # 1 8.66 x .24 x 5.911, .36 #File Name: 3639301986104 pages | File size: 27.Mb

Deborah Ogburn : Tending the Fire at Work: An Expressive Arts Investigation of Burnout in Mid-Career Professionals before purchasing it in order to gauge whether or not it would be worth my time, and all praised Tending the Fire at Work: An Expressive Arts Investigation of Burnout in Mid-Career Professionals:

0 of 0 people found the following review helpful. Art making helps with burnout By bajawriter Deborah Ogburn inspires us to engage in the arts as an effective way of addressing burnout and a sense of meaninglessness. She impressively makes the case for shaking us out of the stuck places we encounter in our work life through the process of shaping with the arts. She suggests that we become alert to the surprises that artmaking can offer - they can change our outlook and become resources to return us to the heart and soul of what we were meant to do and be in this life. Sue Niyazi McDevitt, MA, Expressive Arts Therapy 1 of 1 people found the following review helpful. Creative burnout resolved By CAFilmGal As a 40-something woman running a small production company I have been struggling with my own creative burnout for the last five years. I used "Tending the Fire at Work" as a guide to recalibrate my sense of self and as a map to rediscover the joy in my work; a great tool for anyone seeking more meaning in their business...and in life. R.L. Minneapolis, MN 0 of 0 people found the following review helpful. Valuable Resource By pamela Deborah Ogburn is an eloquent writer. By leading expressive arts 'burnout' groups to

research this book she comes to the subject as an expert. As an Expressive Arts Therapist, I value this book as part of my own professional resource library.

Burnout attacks many of the brightest and most motivated professionals in industry today. It affects individuals in health care, social services, education, entertainment, financial services, technology and manufacturing?as well as artists, writers and entrepreneurs?at a huge cost to employers, consumers and families around the globe. *Tending the Fire at Work* documents the heuristic and field research of the author as she uses a solutions-focused, arts-based coaching model to revitalize six seasoned professionals: an elementary school teacher, a screenwriter, a corporate communications director, a novelist, a pharmacist and a yoga instructor/entrepreneur. The author's work investigates the efficacy of decentering with the arts as a tool for recovery, motivation and wayfinding. This book is written for burned-out professionals, their supervisors and their families, HR and EAP professionals, and anyone interested in corporate wellness, creativity and motivation.

About the Author Deborah Ogburn is a visual artist, expressive arts therapist and coach, based in San Diego, CA. She studied at the Expressive Arts Institute San Diego and at European Graduate School, Switzerland, where she received her master's degree in Expressive Arts Therapy, Coaching and Consulting. Deborah can be found online at DLOgburn.com.