

The logo for King's Venues, featuring the words "KING'S" and "VENUES" in a bold, white, sans-serif font stacked vertically on a red square background.

KING'S VENUES

How to avoid burnout in the event industry

We don't need to tell you that any job in the event industry is a full-on occupation. The hours can be long, the responsibilities can be huge and there are always lots of opportunities for things out of your control to go wrong – sounds like the perfect recipe for burnout, no? No! Despite the pressure of the industry, it is possible to keep on loving the job you do without letting the challenges get the better of you. Read on to find out how...

Get organised

It's the number one rule to running any successful event and minimising stress. Get your budget and timeline sorted before anything else, this way you'll have a solid frame within which you can base all decisions. Weekly catch up meetings with your entire team and daily 'stand up' sessions (where everyone stands together in the middle of the office and briefly says what they did yesterday and what they plan on doing today) will ensure all the team is in the loop with the big picture and is accountable for their responsibilities.

Delegate

Don't get bogged down in jobs you know you can delegate to more junior or appropriately-trained members of staff. There may even be tasks you enjoy doing, but know it makes sense to hand them over. Whenever a task presents itself, take time to assess who has the skills and capacity to get it done and make sure it ends up in the right hands.

Diet and exercise

We all know it's good for us, but how many of us actually eat healthily and keep fit? It's all too easy to think we're too busy and to give in to fast food and evenings in front of the TV. But however tired you might feel, eating well and exercising will boost your energy levels and generally make you happier. Getting your team involved in group exercise or a healthy eating challenge could have the dual effect of making them more efficient and create an office bonding opportunity.

Quality breaks

It can be really hard to take time out from work, especially as the event draws nearer, but a beneficial break from work doesn't need to be a long one, it's what you do with it that matters. If you can manage a day or two off work, book in some fun/relaxing/invigorating things to clear your mind and lift your spirits. If taking any days out of the office is not possible, then make a point of taking a decent lunchbreak and don't just grab a sandwich and eat it at your desk. Challenge yourself to stretch your legs and find a new spot to eat every day for a week. The change of scene and exercise will do you good. Also, make sure you take decent screen breaks every 90 mins-2 hrs. Concentration dips massively around this point anyway, so leave your desk and start again after ten minutes of doing something else and you'll end up being more productive in the long run.

Contingencies

Much of the stress event organisers suffer, is from last-minute mishaps which are out of their control. If you have built-in contingency plans, in terms of budget and logistics, the worry of something going wrong will be hugely reduced as will the impact if disaster strikes.

Warning signs

Stress can creep up on anyone, especially someone who's incredibly busy at work. Are you having trouble sleeping? Have you lost your appetite? Are you having trouble concentrating? Do you have a shorter temper than normal? Do you ever have chest pains? There are lots of ways stress can present itself and catching it early will give you best chance of stopping its escalation. If you are in any way concerned that the 'good stress' of a demanding job is turning into 'bad stress', make an appointment to see your GP as soon as possible.