

What Leaders Need to Know About Quiet Quitting

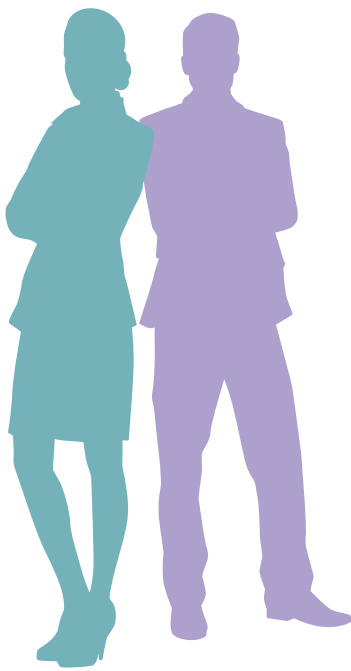


What is Quiet Quitting?

The term has gone viral among young professionals on social media, but it's not really about quitting your job. Instead, it's about rejecting the idea that work should be the central focus of a person's life and preventing burnout and stress by resisting the idea of accepting additional responsibilities not described in the job role.

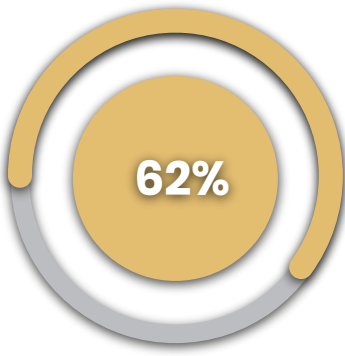
Examples of Core Beliefs

- Performing duties without the "Hustle Culture" mentality that work has to be your life.
- Rejecting doing the job of two or more people.
- Saying no to extra work without proper compensation.
- Having more work-life balance and an identity separate from work.
- Setting personal and professional boundaries.



The Manager's Role in "Extra Mile Motivation."

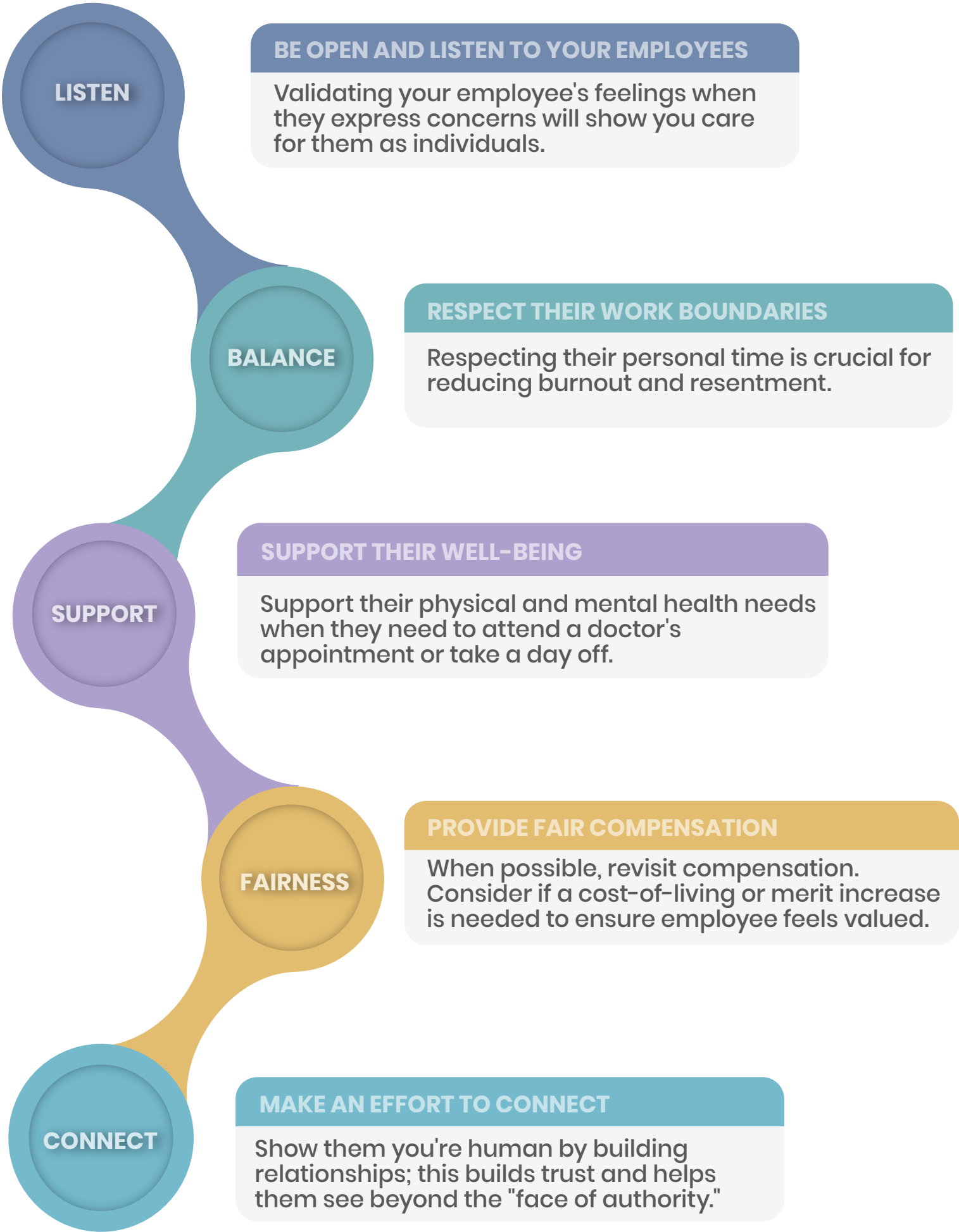
An employee's willingness to put in extra effort when needed is greatly impacted by how the manager treats team members on a daily basis.



When do employees go the extra mile?

Research shows that 62% of employees go the extra mile when their direct manager rates in the 90th to 100th percentile in their ability to balance getting results with concern for others' needs.

How to Address Quiet Quitting As a Leader



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