



LEADERSHIP INSTITUTE  
COLUMBUS STATE UNIVERSITY

## Link to LI

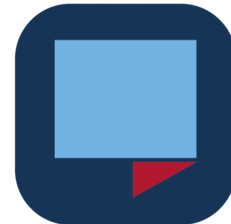
### *August Issue*

A monthly newsletter provided by the Leadership Institute enhances our commitment to supporting you and sharing the latest in leadership.

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#### FROM THE BLOG

##### **Leadership Fatigue: A Growing Challenge in Today's Workplace**



Leadership fatigue is a growing concern as nearly 60% of managers report frequent stress, leading to diminished decision making, creativity, and motivation. By setting boundaries, delegating effectively, building support networks, and reconnecting with purpose, leaders can combat fatigue and sustain long-term effectiveness.

[CLICK HERE](#) to checkout the post!

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#### UPCOMING EVENTS

##### **Disruptive Leadership Series is Back!**

Don't miss our upcoming session, [\*Extinguish the Flame of Burnout\*](#).

Participants will learn to identify the warning signs of burnout, understand its root causes, and explore practical strategies to build resilience, foster well-being, and maintain high performance without compromising health.

AUG.  
28

Extinguish the Flame of  
Burnout

SEPT.  
30

How the Power of  
Connection Promotes  
Success

OCT.  
23

"My Door is always  
open"...or is It?

NOV.  
4

Leading & Supporting  
Employees with ADHD

DEC.  
11

People Aren't Stupid,  
Just Different  
Perspectives

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