



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

# Are You a Burned-Out Leader?

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10 questions for managers and team leads

**Dr. Priya Dubey Sharma**

Founder & Consulting Psychologist  
Applied, Organizational & Behavioural Psychologist | PhD | 18+ Years Experience



## Dr. Priya Dubey Sharma

Founder & Consulting Psychologist | PhD | 18+ Years

Dr. Priya Dubey Sharma is an Applied, Organizational & Behavioural Psychologist with a PhD in Psychology and over 18 years of experience. As the Founder of Manas – Center for Mental Wellness & Counselling, she has guided thousands of individuals through anxiety, depression, relationship challenges, and life transitions.

Her approach combines evidence-based techniques with deep cultural understanding of the Indian lived experience.

“ Burnout is not a badge of honour. Your wellbeing is not optional. It is the foundation everything else stands on.

### THE STORY

#### Manas was not built in a boardroom.

It was built in a home, watching a father heal people for forty years. Dr. Rangnath Dubey – DHB, MBHCS, AVR – spent four decades believing that no ailment is ever purely physical. Every patient carried a story, and he always made time for that story.

“I didn't decide to become a psychologist. I realised, quite late, that I had always been one – I just needed the training to do it properly.”



Dr. Rangnath Dubey  
DHB · MBHCS · AVR

**18+**

Years of practice

**5,000+**

Lives touched

**5**

Intl memberships

**UN · SBI**

Institutional roles



## Are You a Burned-Out Leader?

This screener helps you understand your current leadership energy levels. Answer honestly to get a clearer picture.

### Assessment Questions

Answer yes or no to each question. Focus on your experience over the past 2 weeks.

- Do you often feel mentally drained after making important decisions?
- Do you find it difficult to connect with your team's emotions or struggles?
- Do you experience heightened irritability during one-on-one meetings?
- Do you struggle to delegate tasks, preferring to do them yourself?
- Do you feel a sense of dread or anxiety before team meetings?
- Do you feel the weight of responsibility for every team outcome resting solely on your shoulders?
- Do you find yourself neglecting your personal or professional development time?
- Do you sometimes feel resentment towards team members who are performing exceptionally well?
- Do you experience persistent sleeplessness due to work-related worries?
- Do you frequently question if leadership is the right path for you anymore?

**Score:** Count the number of 'Yes' answers to understand your current leadership state.



## Your Results

Find your score range below. Remember — this is a starting point, not a diagnosis.

**SCORE: 0-3**

### Energised Leader

Your energy levels are strong. You are effectively managing your leadership role and team dynamics.

**SCORE: 4-6**

### Tired but Coping

You are feeling some strain, but you are managing. Consider small breaks and mindful delegation.

**SCORE: 7-8**

### Burning Out

You are experiencing significant burnout symptoms. Prioritising rest and seeking support is crucial now.

**SCORE: 9-10**

### Burned Out

You are likely experiencing severe burnout. It is highly recommended to seek professional guidance and drastically adjust your workload.

**Whatever your score: You took the time to check in with yourself. That takes courage.**

#### DR. PRIYA'S TIP

Acknowledge your feelings without judgment; this self-awareness is the first step towards regaining balance and effectiveness in your leadership journey.

[Book a Session with Dr. Priya](#)



## Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. Which question resonated most with your current experience?

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2. What is one small change you can implement this week to support your energy?

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3. Who is one person you can talk to about your current leadership challenges?

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How are you feeling right now? Circle one:



Very difficult



A bit low



Okay



Feeling good



Very well

## Continue Your Journey

Recommended resources based on your results:

1

### Mindful Leadership Toolkit

Practical strategies for balanced leadership.

₹499

2

### Team Empathy Workshop

Build stronger connections with your team.

₹1999

3

### Stress Management for Professionals

Techniques to cope with workplace pressures.

₹799

### TAKE A FULL ASSESSMENT

For a comprehensive, clinically validated evaluation, take the full assessment – plus 270+ validated tools – at [manas365.com/assessments](https://manas365.com/assessments)



### Audio Companion

Scan for a free 3-minute guided breathing exercise with Dr. Priya's voice.



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**"You deserve a life that exists beyond your work performance. I hope this guide helps you begin to build it."**

— Dr. Priya Dubey Sharma

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