

Well-being and Training Center

Take control of your well-being! Log in to the Well-being and Training Center at <https://firstsuneap.personaladvantage.com> and choose the Assessments tile.

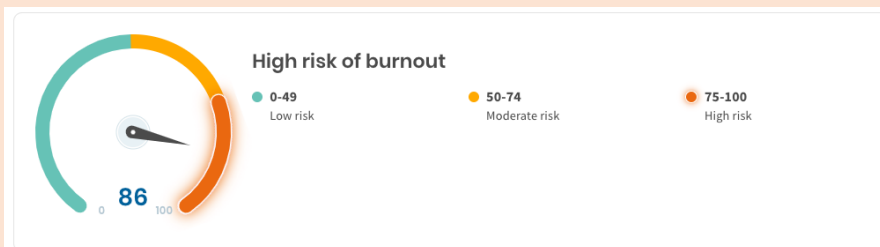
Assessments



Choose from a library of topics.



Take an online assessment in four minutes or less.



How this assessment is scored

Your Burnout Risk Score Explained

Based on your responses, you likely have a **high risk of burnout**. A recent Deloitte survey¹ found that 77% of people have experienced burnout at their current job, so know that you're not alone.

Here are some things you may be experiencing:

Receive recommended self-care tools and resources based on your results.

