

LET'S TALK 2E! 2E ADULTS' ONLINE CONFERENCE



BURNOUT & BOREOUT

THANK YOU FOR ATTENDING!

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RESOURCES

Journal articles:

Hakanen, J. J., & Bakker, A. B. (2017). Born and bred to burn out: A life-course view and reflections on job burnout. *Journal of Occupational Health Psychology, 22*(3), 354-364. <https://doi.org/10.1037/ocp0000053>

Lubinski, D., Benbow, C. P., & Kell, H. J. (2014). Life paths and accomplishments of mathematically precocious males and females four decades later. *Psychological Science, 25*(12), 2217-2232. <https://doi.org/10.1177/0956797614551371>

Van Thiel, M., Nauta, A., & Derksen, J. (2019). An experiential model of giftedness: Giftedness from an internal point of view made explicit by means of the Delphi method. *Advanced Development Journal, 17*, 79-100. <https://www.oya.nl/wp-content/uploads/2019/07/190702-article-Delphi-Model-of-Giftedness-ADJ-reprint.pdf>

Wrzesniewski, A. and Dutton, J. E. (2001). Crafting a job: Revisioning employees as active crafters of their work. *The Academy of Management Review, 26* (2), 179-201. <https://doi.org/10.2307/259118>

Books:

- Flow - Mihaly Csikszentmihalyi
- Searching for Meaning - James T. Webb
- Bright Adults - Ellen Fiedler
- Your Rainforest Mind - Paula Prober
- Living with Intensity - Susan Daniels & Michael Piechowski
- Gifted Workers Hitting the Target - Noks Nauta & Sieuwke Ronner

Course: 'science of wellbeing', Laurie Santos (Yale)
Method: WOOP: Wish, Outcome, Obstacle, Plan

And research in the Dutch language by

- Bergsma, 2019 - Emans et al, 2017 - Reijseger et al, 2013
- Van Harte & Lingsma, 2016

**CHOOSE A JOB YOU LOVE, AND YOU
WILL NEVER HAVE TO WORK A DAY IN
YOUR LIFE. - CONFUCIUS**

**THE SHIT FROM YOUR PAST, IS THE
FERTILIZER FOR YOUR FUTURE**

