



Is Your Workplace Fueling Employee Burnout?

Description

When ChatGPT made its debut in late 2022, Anurag Garg, the founder of a public relations agency, was eager for his 11-member team to swiftly integrate this technology into their workflow to maintain a competitive edge. He actively encouraged his staff to leverage the AI language tool for a myriad of daily tasks, including brainstorming client story ideas, drafting media pitches, and transcribing notes from meetings and interviews.

However, contrary to expectations of increased productivity, the introduction of AI tools resulted in heightened stress within the team. Employees found that tasks were taking longer as they had to generate briefs and prompts for ChatGPT, all while meticulously verifying the accuracy of its responses—an endeavor not without its inaccuracies. Moreover, frequent updates to the platform necessitated additional time for staff to acclimate to new features.

"There were too many distractions. The team expressed that their workloads effectively doubled due to the expectation to utilize AI tools," remarked Mr. Garg, who divides his time between the United States and India. The objective of incorporating AI was to streamline workflows, yet it inadvertently led to increased burdens and compounded feelings of burnout among the staff.

As a business leader, Mr. Garg also felt overwhelmed by the proliferation of AI tools, which necessitated constant monitoring to stay abreast of developments. His experience with not just ChatGPT, but also other applications like Zapier and Perplexity, became overwhelming, as he struggled with the chaos of managing multiple tools that addressed singular problems without integration.

Realizing the negative impact, Mr. Garg subsequently revised the mandate on AI usage within the agency, prioritizing its application for research purposes only. Consequently, team morale improved significantly. "It was a learning curve for us. The workload has become more manageable, fostering a stronger connection among team members as they engage more directly in their work," he stated, visibly relieved.

Vocabulary List:

1. **Mandate** /'mæn.deɪt/ (noun): An official order or instruction.
2. **Integrate** /'ɪn.tɪ.greɪt/ (verb): To combine one thing with another to form a whole.
3. **Proliferation** /prə,lɪf.ə'reɪ.jən/ (noun): The rapid increase or spread of something.
4. **Burnout** /'bɜːn.aʊt/ (noun): Physical or mental collapse caused by overwork or stress.
5. **Streamline** /'stri:m.laɪn/ (verb): To improve the efficiency of a process by simplifying or eliminating unnecessary steps.
6. **Acclimate** /'æk.lɪ.meɪt/ (verb): To adjust or adapt to a new environment or situation.



Comprehension Questions

Multiple Choice

1. What was the purpose of integrating ChatGPT into the workflow according to Anurag Garg?

- Option: To increase stress within the team
- Option: To streamline workflows and maintain a competitive edge
- Option: To reduce the workload of the team
- Option: To complicate daily tasks for the team

2. Why did the introduction of AI tools lead to heightened stress within the team?

- Option: Tasks were completed faster than expected
- Option: Employees struggled to use the AI tools efficiently
- Option: AI tools were inaccurate in their responses
- Option: AI tools were not updated frequently

3. What was the main challenge faced by Mr. Garg with the proliferation of AI tools?

- Option: Constant monitoring to stay abreast of developments
- Option: Lack of integration among AI tools
- Option: Lack of updates to the AI tools
- Option: Overwhelming team morale

4. What was the main reason for Mr. Garg revising the mandate on AI usage within the agency?

- Option: To increase stress within the team
- Option: To complicate daily tasks for the team
- Option: To prioritize AI tools for research purposes only
- Option: To eliminate the use of AI tools altogether

5. How did team morale change after the revised mandate on AI usage?

- Option: It remained the same
- Option: It significantly improved
- Option: It deteriorated further
- Option: It increased the workload

6. What was the impact of incorporating AI tools in the workflow as initially intended?

- Option: Decreased workload for the team



- Option: Increased efficiency and reduced stress
- Option: Led to burnout among the staff
- Option: Caused distractions and doubled workloads

True-False

- 7. The introduction of AI tools led to decreased stress within the team.
- 8. Mr. Garg struggled with managing multiple AI tools due to integration among them.
- 9. The revised mandate on AI usage focused on utilizing AI for research purposes only.
- 10. Mr. Garg divides his time solely between the United States and India.
- 11. The team had to verify the accuracy of AI responses and generate briefs and prompts, leading to increased workload.
- 12. The incorporation of AI tools did not impact team morale significantly.

Gap-Fill

- 13. Mr. Garg felt overwhelmed by the proliferation of AI tools, necessitating constant monitoring to stay abreast of developments. His experience with ChatGPT, Zapier, and Perplexity became _____, as he struggled with managing multiple tools.
- 14. The objective of incorporating AI was to streamline workflows, yet it inadvertently led to increased burdens and compounded feelings of burnout among the _____.
- 15. Mr. Garg revised the mandate on AI usage within the agency, prioritizing its application for research purposes _____.
- 16. Team morale significantly improved as a result of the revised mandate, fostering a stronger connection among _____ members.
- 17. The workload became more manageable after the revised mandate, fostering a stronger connection



among team members as they engaged more directly in their _____ .

18. The team expressed that their workloads effectively doubled due to the expectation to utilize AI tools, leading to increased burdens and compounded feelings of _____ among the staff.

Answer

Multiple Choice: 1. To streamline workflows and maintain a competitive edge 2. Employees struggled to use the AI tools efficiently 3. Constant monitoring to stay abreast of developments 4. To prioritize AI tools for research purposes only 5. It significantly improved 6. Led to burnout among the staff

True-False: 7. False 8. False 9. True 10. False 11. True 12. False

Gap-Fill: 13. overwhelming 14. staff 15. only 16. team 17. work 18. burnout

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. What is the opposite of approved?

- Option: A) Condemned
- Option: B) Manipulative
- Option: C) Sophisticated
- Option: D) Commitment

2. Which word means having an intense but short-lived passion or admiration for someone?

- Option: A) Infatuated
- Option: B) Significant
- Option: C) Adversely
- Option: D) Prevalent

3. What term refers to the variety of life in a particular habitat or ecosystem?

- Option: A) Regulation
- Option: B) Biodiversity
- Option: C) Conservation
- Option: D) Commitment

4. What is the term for the dying out or extermination of a species?

- Option: A) Untenable
- Option: B) Extinction



Option: C) Reverberating

Option: D) Prohibit

5. Which word relates to the scientific study of interactions among organisms and their environment?

Option: A) Identified

Option: B) Synthesis

Option: C) Ecological

Option: D) Mandate

6. What word means sufficiently great or important to be worthy of attention?

Option: A) Proliferation

Option: B) Burnout

Option: C) Significant

Option: D) Streamline

7. What is a formal order to do something?

Option: A) Acclimate

Option: B) Mandate

Option: C) Integration

Option: D) Prohibiting

8. What is the rapid increase in numbers of something?

Option: A) Burnout

Option: B) Proliferation

Option: C) Identified

Option: D) Synthesis

9. What means to make a process more efficient and effective?

Option: A) Integrate

Option: B) Streamline

Option: C) Elucidating

Option: D) Mandate

10. What is the process of organisms adjusting to a new environment?

Option: A) Embroiled

Option: B) Prevalent

Option: C) Acclimate

Option: D) Compounds

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)



11. The two countries were _____ in a bitter territorial dispute.
12. Water is _____ for human survival.
13. The suspect was _____ by several eyewitnesses at the scene.
14. The _____ of different ideas led to the breakthrough in scientific research.
15. The professor did an excellent job of _____ complex theories in simple terms.
16. It is important to _____ new members into the team smoothly.
17. Constant work pressure can lead to _____ among employees.
18. His argument was _____ in the face of overwhelming evidence.
19. The sound of the explosion was still _____ in their ears.
20. The law _____ smoking in public places.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)



21. The mother's was evident when her child went missing.
22. The new software had a design that impressed the users.
23. efforts are crucial to protect endangered species and their habitats.
24. Her unwavering to her goals propelled her to success.
25. Flu outbreaks are during the winter season.
26. Chemical can have various properties and applications.
27. She sat in silence her next move carefully.
28. The political scandal left the government in controversy.
29. The economic downturn has affected small businesses.
30. Patience is when dealing with difficult situations.

Answer

Multiple Choice: 1. A) Condemned 2. A) Infatuated 3. B) Biodiversity 4. B) Extinction 5. C) Ecological
6. C) Significant 7. B) Mandate 8. B) Proliferation 9. B) Streamline 10. C) Acclimate

Gap-Fill: 11. embroiled 12. indispensable 13. identified 14. synthesis 15. elucidating 16. integrate 17.
burnout 18. untenable 19. reverberating 20. prohibits

Matching sentence: 1. anguish 2. sophisticated 3. conservation 4. commitment 5. prevalent 6. compounds
7. contemplating 8. embroiled 9. adversely 10. indispensable

CATEGORY

1. Sci/Tech - LEVEL5

Date Created

2024/10/23

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