

The Cost of Founder **Burnout**

Why **Work-Life Balance Is Essential** for Business Owners



What Is Founder Burnout?

The chronic stress and pressure of running a business can lead to physical, emotional and mental exhaustion or breakdown, which affects one's health and the ability to effectively lead.

48%

of small business owners say they've experienced burnout in the past month.¹



What Leads to Burnout in Business Owners?

Economic uncertainty



Resistance to delegation



Poor work-life balance



Perfectionism



Unhealthy attachment to work



i.e., inharmonious passion

Small Business Owners Work Hard

25%

of business owners work more than 60 hours per week.²

97%

work weekends.³

67%

check in on work at least once per day while on vacation.²

Many hours are **needlessly spent** on administrative tasks, rather than business development.

Owners spend **120 working days per year** on administrative tasks.⁴



Payroll



Invoicing



Payment Processing

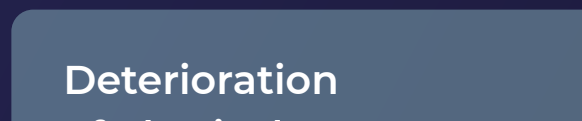


Talent Acquisition

Less than 32% of total time is spent working on business development.³

How Founder Burnout Affects Business

Lower Productivity



Productivity and output drop sharply after a 50-hour work week.⁵

Deterioration of physical & mental health



- Poor sleep
- Poor diet
- Moodiness
- Bad temper
- Anxiety
- Fatigue

Poor Employee Morale



Your emotional state impacts your team, and it can lead to turnover, absenteeism, poor productivity and even employee burnout.

Higher Costs



\$500B

National annual economic loss⁶

50%

higher health care costs in high-stress workplaces

Delegation Is Key to Avoiding Burnout



...But staffing remains a struggle.

Business leaders who are **good delegators** post:⁷

113%

higher 3-year growth rates

33%

greater revenue

Business owners are facing **hiring challenges**, and they fear delegating to the wrong people.

40%

are hesitant to hire due to rising minimum wages.

42%

are experiencing a talent shortage for in-demand skills.⁸

Fractional talent can help you delegate and reduce your risk of burnout.

Outsourcing can help you **delegate back-office tasks and improve your work-life balance** without compromising on quality and accountability.



Scale hours based on your changing needs.



Avoid the costs of full-time hires.



Find top talent beyond your locality that possess the skills you need.



Streamline hiring with no additional recruiting or onboarding fees.



Hire vetted talent to ensure security and reliability.

Find stress-free solutions powered by talent you can trust.

Visit paro.ai.

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1. Capital One. "Small Business Outlook: Long-Term Confidence Amid Headwinds." 2022.

2. Score. "How Hard Small Business Owners Work." 2023.

3. The Alternate Board. "Survey: Work-Life Balance is Possible, Less for Entrepreneurs." 2013.

4. Sage. "Here's what businesses would do with an extra 5 hours a week." 2018.

5. Stanford University. John Penceval. "The Productivity of Working Hours." 2014.

6. Harvard Business Review. "Burnout Is About Your Workplace, Not Your People." 2019.

7. Gallup. "Delegating: A Huge Management Challenge for Entrepreneurs." 2015.

8. Podium. "Small Business Owners Struggle with Burnout." 2022.