

ABSTRACT

Personal development of employees in social services represents a significant preventive potential in terms of avoiding work related exhaustion. It helps safeguard human resources for the profession which is not fully appreciated in both respects, financial and prestigious. The main problem in the field of social services is a lack of information namely in terms of further personal development of the social workers. This doctoral thesis aims to describe causes, manifestations and consequences of the exhaustion. It also focuses on alternatives which enable prevention of negative impacts of the occupational load. The purpose of this academic paper is to facilitate study at an accredited course for its students as well as teachers and other educational community.

Theoretically approached document derives its information from both professional literature and popular psychological readings. This writing refers to a thesis which mentions a seminar on the personal development for social service employees. It also follows research published in a bachelor's paper which describes burnout syndrome and its possible causes in relation with helping professions.

The paper concludes that the Burnout syndrome might disappeared form the psychological literature under a condition the social workers undergo a compulsory accredited seminar in order to instruct them about the threat and prevention of occupational overload. It concentrates on opportunities of personal developement of all man with special emphasis on people engaged in social services.

The result of the thesis is to conclude that the concept of burnout syndrome could disappear from the psychological literature if the workers were instructed in the course of compulsory training in the form of an accredited seminar about the threats and the prevention of workload.

In conclusion, the work is devoted to access to adult educated people. Tutoring skills have a great impact on the acceptance of the theme as a new impulse to changing the lifestyle.

KEYWORDS

burnout, personal development, worker, social services, prevention, care, adult education