



INSIDE THE TEAM WITH JESSE FAVRE: AFTER THE EPISODE

Leader Companion Guide for Team Dialogue & Action Planning

EPISODE 3

Episode: Wearing all the Hats: The Nimble Art of Task Switching
(Ft. Jamal Stevenson)

Duration: 17 min.

KEY TAKEAWAYS

Wearing many hats means managing multiple roles and responsibilities, while task switching refers to moving quickly between tasks.

Frequent task switching can drain focus and productivity, contributing to employee burnout.

Rest, prioritization, and a sense of purpose can help you stay grounded and focused as you juggle responsibilities.

DISCUSSION QUESTIONS

1. What does “wearing many hats” look like on our team? What are the pros and cons?
2. How does task switching show up in our daily work? What makes it harder or easier?
3. When do you notice that task switching is affecting your focus or stress level?
4. What strategies help you reset between tasks or stay present in the moment?
5. How can we better support each other when workload or task switching starts to feel overwhelming?

CHOOSE A CHALLENGE!

- Identify one daily block of time when everyone minimizes task switching (i.e., focus hours or meeting-free mornings).
- Start your next team meeting by identifying top priorities and what can wait, so everyone aligns before diving in.
- Review your team’s “many hats.” Discuss which roles or responsibilities might be delegated or rotated.
- Revisit your “why.” Why did you choose your profession, industry, and/or company? How does that shape your work?



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CONTACT

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Jesse Favre, MSW, MBA is a leadership trainer and public speaker specializing in human behavior and mental health in the workplace.

Since founding her company in 2022, she has delivered 1,000+ seminars and workshops to employees around the world.

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